



LIFESTYLE EAP
Wellness at Work



Interactive Website

Lifestyleeap.com makes it easy to learn more about the services available and gather information about a variety of topics to support your health & well-being. Content includes:

- Assessment and counseling resources
- Stress management tools
- “Ask a Question” feature
- Health & wellness content
- Access to monthly newsletter
- Community resource information
- Informational videos on EAP services
- Fillable legal templates and “Do it yourself” legal forms
- Financial calculators

Login Today!

Lifestyle EAP Services are free, confidential & available to both employees and their family members

Contact us today at **1-800-989-3277** or **www.lifestyleeap.com**