



**WE'RE HERE FOR YOU**

**YOUR EMPLOYEE ASSISTANCE PROGRAM**

## WE HELP WITH EVERYDAY LIFE STRUGGLES SUCH AS:

- Family Conflict
- Couples/Relationships
- Substance Abuse
- Anxiety
- Depression
- Household Errands
- Adoption/Elder Care
- Wellness
- Divorce/Custody
- Budgeting
- Estate Planning
- Bankruptcy
- *Any other life struggle you may face*

## OUR SOLUTIONS INCLUDE:

- Mental Health Counseling
- Work/Life Resources
- Legal/Financial Resources
- Medical Advocacy
- Life/Wellness Coaching
- Personal Assistant

This service is always **PRIVATE**, **CONFIDENTIAL** & **AT NO COST TO YOU** and your household members. Your participation with your EAP is voluntary, we do not report back to your employer about the things you discuss.

## TO ACCESS THESE SERVICES:

*FEEL CONNECTED & SUPPORTED 24/7/365*

### WORK/LIFE RESOURCES

You can call our toll-free number or download the app to the home screen of your mobile device without even visiting an app store, by simply visiting [mylifeexpert.com](http://mylifeexpert.com) or scanning the **QR code** at the bottom of this page.

### TO LOGIN:

- Click "create a new account with your company code"
- Insert your access code
- Follow instructions included in your activation email
- Play, Learn, and discover!

## EAP MADE SIMPLE:

- Counseling Support
- Telephone, Chat, & Video Access
- Personalized Content & Activities
- Shopping Discounts
- Health & lifestyle Assessments

## COMPANY CODE:

Contact Sand Creek for your code

## TOLL-FREE:

**1.888.243.5744**

DOWNLOAD THE APP AT: [mylifeexpert.com](http://mylifeexpert.com)

