



Introducing Your Member Portal and App

Browse benefits. Request services.
Enjoy 24/7/365 access.

Your Assistance Program offers a wide range of benefits to help improve mental health, reduce stress and make life easier—all easily accessible through your member portal and app.

Video, Chat and Telephonic Access

24/7/365 access to request mental health sessions and life management referrals

Thousands of Self-Care Articles and Resources

Explore videos, provider resource locators, personal assessments, calculators and tools

Events Calendar and Free Webinars

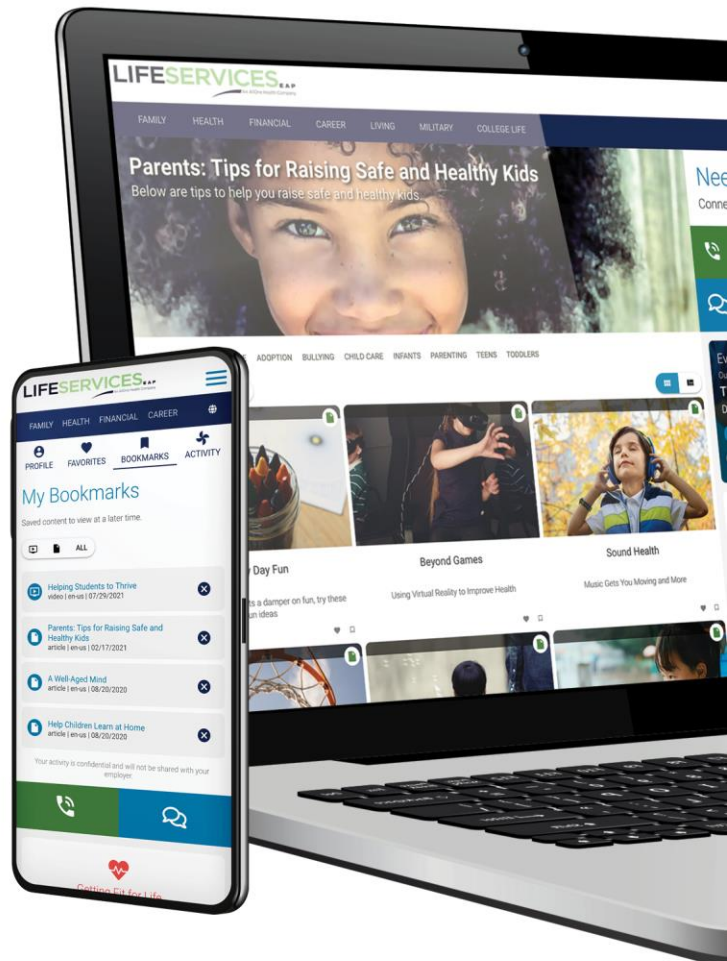
Sign up for the latest webinars and online training sessions

Exclusive Discounts

Save money on entertainment, gifts, travel and consumer goods

Getting Started Is Easy

1. Visit your landing page, [LifeServicesEAP.com](https://www.lifeserviceseap.com) and click on "Select Portal & App" in the top menu
2. Register to create a new account using your company code: **Ask HR**
3. A confirmation email will be sent to complete the process



Contact LifeServices EAP
Call: 800-822-4847
Visit: [LifeServicesEAP.com](https://www.lifeserviceseap.com)
Code: **Ask HR**

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An AllOne Health Company