

workhealthlife.com

24/7 access to Employee and Family Assistance Program (EFAP) support, tools and resources.

The EFAP website, workhealthlife.com, provides you and your family with anytime, anywhere access to professional counselling, information and resources to help resolve challenges you face.

Key site features and functionality

- Instant, confidential and secure access to EFAP services and counselling
- Direct access to EFAP online programs for stress, relationships, fitness and more
- Helpful articles and videos on a wide range of work, health and life topics
- Dedicated Manager area
- Employee Orientation video series to introduce the benefits of and range of concerns that your EFAP can help resolve
- Annual wellness calendar and archives of newsletters and mental health microsites

You have three easy ways to access EFAP support on workhealthlife.com:

- **Online Access** provides a secure way to book most EFAP services
- **First Chat** allows you to instantly chat with a counsellor
- **E-Counselling** provides written exchanges with a counsellor via secure online portal

Our Care Access Centre is also available toll free 24/7.



Download My EAP app now at your device app store or scan the QR code.



Let us help

How to access the site and get started

Visit workhealthlife.com on the device of your choice—desktop computer or tablet. Mobile phone users will be directed to our My EAP app; our support tools on the app have been specifically designed for use on mobile phones.

Registration on workhealthlife.com ensures you see the specific EFAP services and tools available to your organization. All you need to register is the name of your organization. Through the registration process, you will create a unique profile with username and password. Each time you visit the site, login using your credentials to see what's available to you and quickly book services, access online programs and more.

Connect with us for confidential support or to learn more

Make workhealthlife.com your online destination for EFAP support and services.

For immediate assistance, contact us at **1.844.336.3136** or visit workhealthlife.com.



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