



Download the LifeWorks app

Feel supported and connected wherever you are!

With the innovative LifeWorks app, you can access qualified support for your mental, physical, social and financial wellbeing, any time, from anywhere.

- Search for resources and tools on topics ranging from **family and life to health, money and work.**
- Access personalized self-guided support with **CareNow.**

What's more, the app acts like your digital wallet card. You can call a LifeWorks **Employee Assistance Program (EAP)** advisor with just one tap – toll-free, 24/7 – for expert advice, resources and referrals.

Download the LifeWorks app today for convenient access to wellbeing support!

1. Download the free app on Android or iOS – simply search for 'LifeWorks'.



2. Open the app, click on 'Log in' and enter your shared log-in credentials

Username:

Password:

Call us, 24/7:

TTY: