

## LifeResources Employee Assistance Program (EAP)

LifeResources Employee Assistance Program (EAP) helps with issues – large or small – that can affect your health and happiness as well as your work and family life. Financial worries, aging parents, job stress, health issues – everyone faces challenges from time to time. Your EAP means you don't have to face them alone.



LifeResources EAP is available 24/7 to employees and retirees of Member Groups that offer HealthTrust medical coverage and their eligible dependents and household members. There is no requirement that such individuals be enrolled in HealthTrust coverage to use the EAP. Call the EAP at **800.759.8122, 24/7/365** to access the resources below.



### MENTAL HEALTH COUNSELING

If you're feeling overwhelmed with personal, work or life stressors, you can access a licensed master's level counselor for help with depression, anxiety, family conflict, substance abuse, relationships, work stress or other issues related to mental health.

- **Up to 6 free telephone or video counseling sessions per issue**
- Help locating a qualified provider near you if you prefer in-person counseling
- One-time consultation or ongoing support available



### FINANCIAL RESOURCES

Your EAP can connect you with a financial planner, credit counselor or certified public accountant to provide help with issues including tax advice, debt counseling, buying and selling your home, or retirement and college planning, all at no cost to you.

- **One free 30- to 60-minute consultation with a financial planner, credit counselor or certified public accountant for each financial issue**



### LEGAL RESOURCES

Need legal help for issues\* such as estate planning, real estate issues, auto accident claims, or family law proceedings? For each legal issue, your EAP legal benefit includes:

- **One free 30-minute office or telephone consultation with an experienced attorney**
- **25% off that attorney's hourly fee if you want to continue to work together**

\*Excludes job, criminal or moving violation issues



### LIFE COACHING

Get help achieving your personal and professional goals! Your EAP Life Coach can be your accountability partner and help you:

- Set meaningful goals
- Create action steps to achieve your goals
- Overcome obstacles to success



### WORK/LIFE REFERRAL SERVICES

Navigating the practical challenges of life, while handling the demands of your job can be stressful. The EAP's work/life referral services can provide customized guidance to assist with issues including:

- Adoption
- Elder care or childcare
- Wellness
- Special needs support
- Parenting



**It's free!**  
**It's completely confidential!**  
**Help is just a call or a click away!**

## EAP ONLINE RESOURCES

You can add LifeResources to the home screen of your mobile device without even visiting an app store, by simply visiting [mylifeexpert.com](http://mylifeexpert.com) and tapping **Add mylifeexpert to Home Screen**.

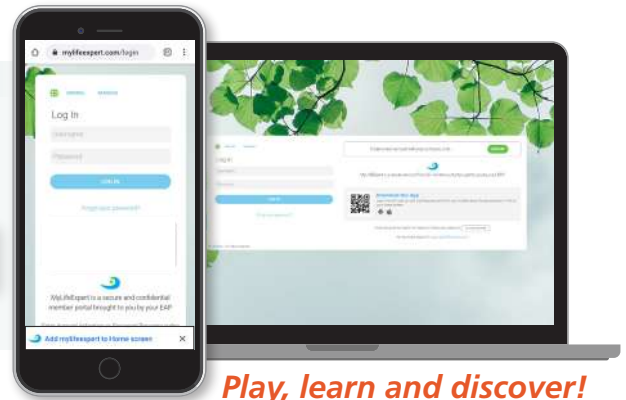
Add mylifeexpert to Home screen X

### TO LOG IN:

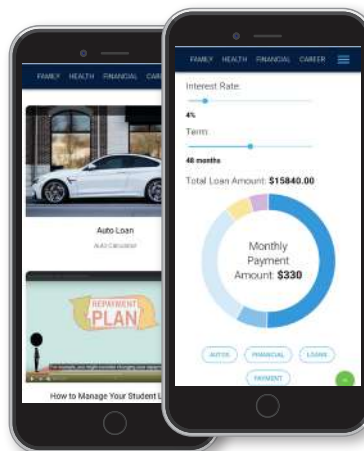
Visit the LifeResources website at [mylifeexpert.com](http://mylifeexpert.com)  
**username:** healthtrust | **password:** resources

If you have an account on HealthTrust's Secure Enrollee Portal, log in to your account and click on the LifeResources button.

LifeResources  
EMPLOYEE ASSISTANCE PROGRAM



Play, learn and discover!



## WORK & LIFE ONLINE RESOURCES

The EAP website [mylifeexpert.com](http://mylifeexpert.com) provides access to thousands of up-to-date topic related articles, videos and worksheets on countless topics related to: Financial & Legal, Family, Education, Health, Wellness, Career, Military, everyday living and many other issues.



## COUNSELING

Log in to the LifeResources EAP website for 24/7 connectivity to counselors. This functionality includes access to a counselor via video and toll-free phone support.



## HEALTH & LIFESTYLE ASSESSMENTS

Surveys and calculators are provided to you with a quick assessment on financial, health and addiction issues. These tools are designed to deliver targeted resources and information to meet your needs.

LifeResources  
EMPLOYEE ASSISTANCE PROGRAM

Available through  
**HealthTrust**

Call LifeResources EAP at **800.759.8122** to talk to a LifeResources professional who is trained to assist you.

Log in to your secure account on HealthTrust's Secure Enrollee Portal (SEP) at [www.healthtrustnh.org](http://www.healthtrustnh.org) and click on the LifeResources button.

Visit the LifeResources website at [mylifeexpert.com](http://mylifeexpert.com)  
**username:** healthtrust  
**password:** resources