

The **Employee Assistance Program** is designed to help employees and families meet the many life challenges while remaining healthy, engaged and productive. Prevention and support of your needs at home and at work; ultimately affect your well-being and ability to balance work and home life. EASE@WORK addresses a broad and complex body of issues affecting mental and emotional well-being, such as alcohol and other substance abuse, stress, grief, family problems, and psychological disorders. Help is available when you need it!

EASE@Work EAP Services are accessible to you and your dependents 24 hours a day/7 days a week with weekend or evening counseling appointments available throughout Northeast Ohio and nationally. The EAP is voluntary, confidential, private and free to employees and dependents. You and your dependents may access this service by calling the numbers listed below or by accessing services on the web.

EASE@Work's website, **My Life Expert**, allows you access to:

- Thousands of articles, videos, and worksheets
- Quick Health and Lifestyle assessments and surveys
- Interactive checklists
- Events Calendar for the latest webinars and online training sessions
- Build your own Employee Profile
- 24-7 instant, confidential support

To Access EASE@WORK EAP Services:

Call: 1-800-521-3273 (EASE)

Website: www.easeatwork.com

["Welcome to your new member portal" video](#)

To Log Into My Life Expert:

- Click "*Create a new account with your company code*" on the right hand side of the page

- Insert your *Company Access Code*: **cosummit**

- Follow instructions in the activation e-mail

Mobile device or tablet QR Code:



For more information on EAP and administrative referrals contact: [Lisa Yeager](#)