

# Life comes with challenges. **Your Employee Assistance Program (EAP) is here to help.**

Your Employee Assistance Program can help you reduce stress, improve mental health, and make life easier by connecting you to the right information, resources, and referrals.

The LifeResources Employee Assistance Program (EAP) is available to employees and retirees of Member Groups that offer HealthTrust medical coverage and their eligible dependents and household members. All services are provided at no cost, confidential, and available to you and your family members. This includes access to short-term counseling and the wide range of services listed below:

**Mental Health Sessions (Up to 6 sessions annually)**

Manage stress, anxiety, and depression, resolve conflict, improve relationships, and address any personal issues. Choose from in-person sessions, video counseling, or telephonic counseling.

**Financial Consultation (Up to 2 sessions annually)**

Build financial wellness related to budgeting, buying a home, paying off debt, resolving general tax questions, preventing identity theft, and saving for retirement or tuition.

**Legal Referrals (Up to 2 sessions annually)**

Receive referrals for personal legal matters including estate planning, wills, real estate, bankruptcy, divorce, custody, and more.

**Work-Life Resources and Referrals (Up to 2 sessions annually)**

Obtain information and referrals when seeking childcare, adoption, special needs support, eldercare, housing, transportation, education, and pet care.

**Member Portal**

Instantly access 24/7/365 mental health support with self-scheduled virtual counseling sessions and on-demand self-help resources.



## Ways to Access:

Call: 800-759-8122

HealthTrust Secure Enrollee Portal (SEP) LifeResources tile  
or

Web: <https://healthtrust.mylifeexpert.com/>

To register: select sign up; search the list provided to find your Member Group name; enter the code, your email and password