



# VITAL WorkLife App

## Your Employee Assistance Program, wherever you need it

**Take control of your personal and professional well-being with the VITAL WorkLife App.** As a part of your Employee Assistance Program (EAP), the VITAL WorkLife App has been designed to help you assess and improve your well-being, and easily access your VITAL WorkLife resources wherever you need them.

### The VITAL WorkLife App helps you:



#### Connect with your program resources

- Tap to call or message VITAL WorkLife, to connect directly with your resources
- View information about the EAP Resources available to you and your family members
- Log in to your member website to access extensive work and life resources; including thousands of articles, assessments, audio files, calculators, checklists, resource links and more

#### Member Website Credentials:

Username:

Password:



#### Take assessments to evaluate your well-being

- Assessments for each of the six dimensions of well-being (professional, physical, financial and legal, meaning and purpose, emotional, relational)
- Mindfulness Attention Awareness Scale (MAAS)
- After completing each assessment, receive recommendations based on your results
- View past assessments to compare results and track your progress



#### Access Insights and videos by experts

- Read Insights organized by dimension of well-being
- Access the VITAL WorkLife YouTube channel
- Easily access your orientation video for an overview of your VITAL WorkLife EAP Resources



#### Set personal goals

- Establish personal goals and set reminders to stay on track.



## 15 ways to use the VITAL WorkLife App:

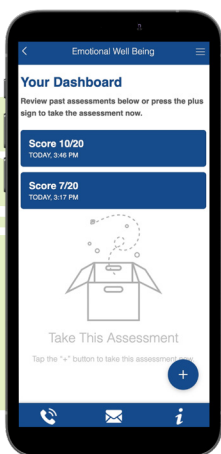
1. Learn about **50 Ways to Use Your EAP**
2. Use mindfulness resources to support your well-being and help reduce stress
3. Access a financial coach through the **Member Website**
4. Take an assessment for each dimension of well-being
5. Read Insights written by industry experts to help in your well-being journey
6. Evaluate your relational depth
7. Assess your mindfulness with the **Mindfulness Attention Awareness Scale**
8. Take inventory of your financial and legal health
9. Contact us to schedule legal assistance or financial coaching
10. Watch videos to improve your emotional intelligence
11. Set goals to improve your physical well-being
12. Learn more about your resources by watching the orientation video
13. Create a simple will with tools on the **Member Website**
14. Connect with your **Coaching** resources
15. Contact a VITAL WorkLife Well-Being Coordinator



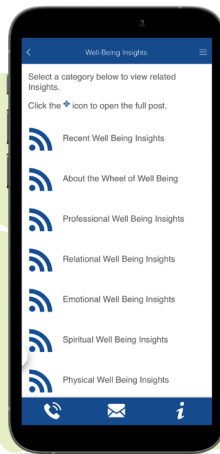
## Take control today!

Download the VITAL WorkLife App and register with your organization's credentials to access your Well-Being Resources.

Company Username:



Take Well-Being Assessments



Read Valuable Insights



800.383.1908 | [VITALWorkLife.com](http://VITALWorkLife.com)

30-341-1222

