

ENCOMPASS EAP PRESENTS...

ACCESS YOUR EAP BENEFITS:

1. Visit [MyLifeExpert.com](https://www.MyLifeExpert.com) and click the green "Sign up" button at the top.
2. Enter your company code: **gvsuni**
3. Enter your email and a username.
4. Once submitted, you'll receive an email with your Access Code to activate your account.
5. This is a one time set up; from now on, you will use your own personal login which allows you to save resources, assessments, and certificates if you choose.

MY LIFE EXPERT PROVIDES YOU ACCESS TO:

- Thousands of articles, videos, and worksheets.
- Quick Health and Lifestyle assessments and surveys.
- Interactive checklists.
- An events calendar for the latest webinars and online training sessions.
- Your company's HR info and company-wide alerts.
- Build your own Employee Profile.
- 24/7 instant, confidential support.

WHAT'S NEW?



MEDICAL ADVOCACY

Medical Advocacy is a new approach to maneuvering through the healthcare system. It offers strategies to promote employee health, productivity, and well-being by serving patient populations throughout the entire lifespan, and by addressing health problems in every category of disease classification and in all disease stages.

We Help With:

Insurance Navigation, Doctor Referrals, Specialist Referrals, Care Transition, Discharge Planning, and Adult Care Coaching.



PERSONAL ASSISTANT

It can be difficult to find extra time in your day to manage everyday tasks, but the EAP Personal Assistant can help. The Personal Assistant helps to lighten the load through researching the best options to benefit you and your loved ones.

Services Include:

Entertainment & Dining, Travel & Tourism, Household Errands, and Service Professionals.

The Personal Assistant and Medical Advocacy services are now offered in addition to the existing EAP services:

- Anytime, Anywhere
- Legal/Financial Resources
- Life Coaching
- Mental Health Counseling
- Work/Life Resources

Private, Confidential & FREE for you and your household members:

Participation with your EAP is voluntary and strictly confidential. Encompass does not report back to your employer about the things you discuss in private conversations.

Access your full EAP by calling 1-800-788-8630 or logging in to your MyLifeExpert.com account.