

# Lifestyle Benefits

## One of your most important EAP Benefits

*We offer a variety of value-added wellness benefits designed to help you improve your life.*



### TO ACCESS THE WEBSITE AND RESOURCES FOR EMPLOYEES

1. Log on to [www.theEAP.com](http://www.theEAP.com)
2. Click on the **Employee & Family Login** button
3. If you have already created a User Name and Password, simply enter that info in the appropriate boxes. **If you have not registered, complete steps 4-7.**
4. Click on **REGISTER HERE**
5. Enter your **Employer's name** and click Continue.
6. Your employer's name will appear; select the button and click Continue.
7. Fill out the Registration Form and your own User Name and Password, then click Continue. **You only need to register once.**

To access these benefits, you can call the **EAP** at **1-800-252-4555** or log on to the website, [www.theEAP.com](http://www.theEAP.com). Click on the **Lifestyle Benefits tab** to learn about the range of discounted services available.

*\*Please note: Available benefits may vary by season and geography.*

### Benefits Available:

- **Apex Nutrition** - Receive a free nutrition assessment with feedback on eating and lifestyle habits. Individualized nutrition plans are available to purchase.
- **Healthtrax Fitness & Wellness Center** - Receive a free one-week membership along with a discounted enrollment fee.
- **Jenny Craig** - Receive a free 30-day program or 30% off of the Jenny All Access Membership.
- **LA Fitness** - FREE initiation when you join - a \$99 savings.
- **Nutrisystem** – Special reduced cost on your first two orders.

*More benefits than any other EAP*

[www.theEAP.com](http://www.theEAP.com) • 1-800-252-4555