



EASE@WORK PRESENTS:

MY LIFE EXPERT

CHANGING THE
GAME IN
EMPLOYEE
WELLNESS





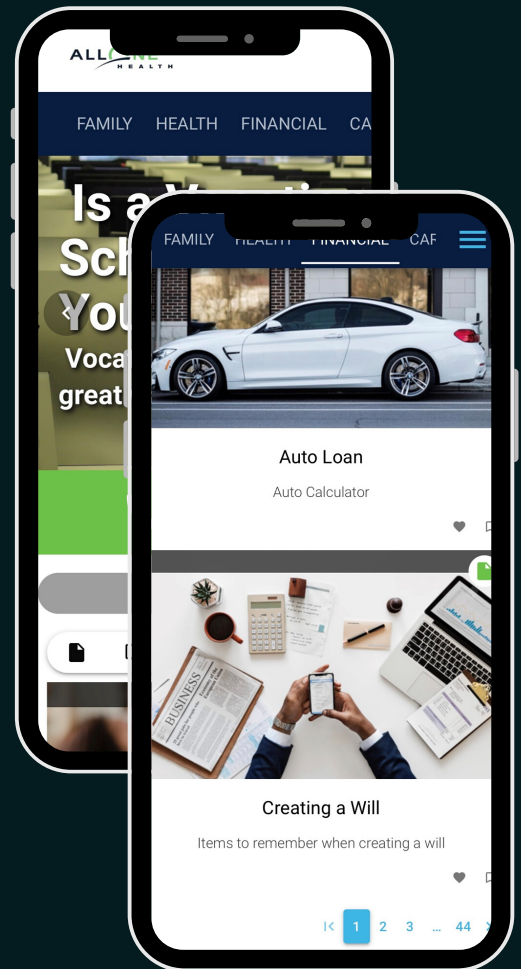
WORK/LIFE BALANCE AT YOUR FINGERTIPS

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
- Your company's HR info and company-wide alerts
- Build your own Employee Profile
- 24/7 instant, confidential support

TO LOGIN, USE YOUR COMPANY CODE:

cmsdist



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