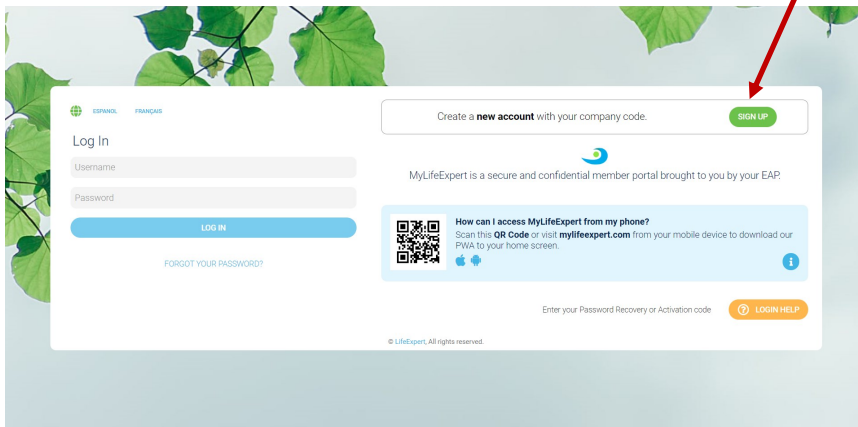


# How to Access MyLifeExpert

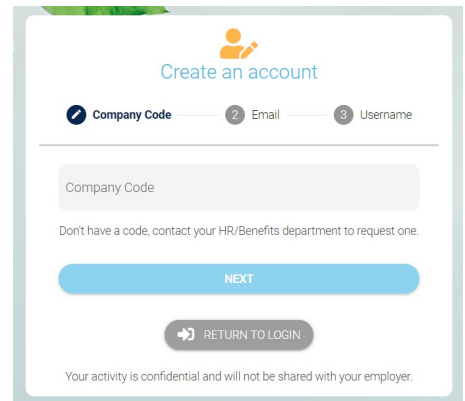


Access 24/7 online support services and personalized wellness content through MyLifeExpert, your work/life solution. Get started by creating an individual account.

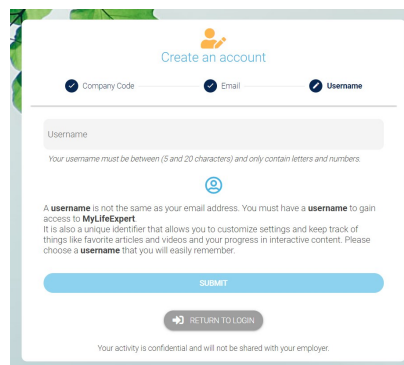
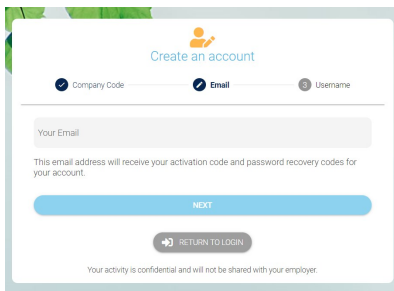
1. Go to <https://mylifeexpert.com/login> and click **SIGN UP**



2. Enter your **COMPANY CODE** provided to you by HR

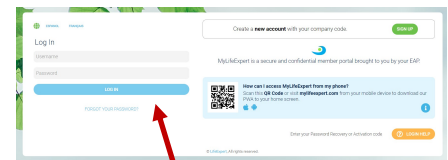


3. Enter your **EMAIL ADDRESS**



4. Create your unique **USERNAME**

5. An access code will be emailed to you to **ACTIVE YOUR ACCOUNT** and create your password.

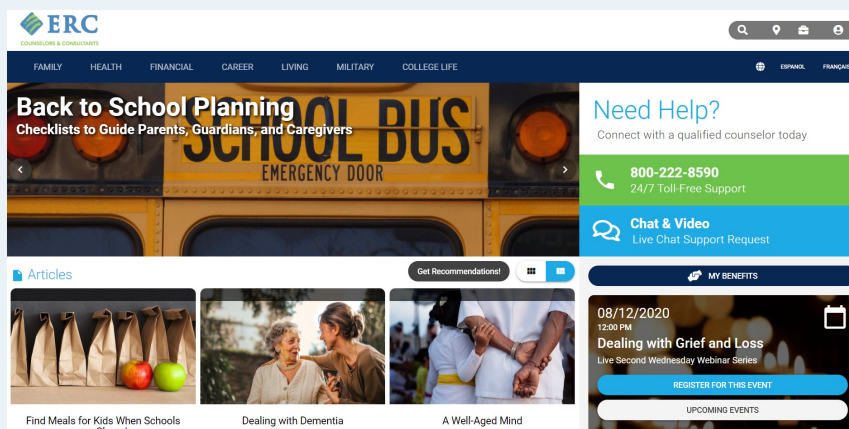


6. Use your created **USERNAME** and **PASSWORD** to log in.

## ERC MYLIFEEXPERT HOME PAGE

Navigate content on the main menu

View featured articles, media, and activities



Access your profile and company info

Change the portal display language

Request assistance by phone or chat

Review your EAP benefit details

Sign up for webinars