Ulliance
Enhancing People. Improving Business.

# MEMBER ASSISTANCE PROGRAM

## Member Monthly Communication At-A-Glance




### MAP NEWSLETTER

>>> This Isn't Your Grandfather's Addiction

Addiction today often extends beyond substances to digital behaviors like social media, streaming, and online shopping, which can quietly impact mental health and daily life.

### BONUS MATERIAL

>>> Eldercare Support Connect with EAP

By connecting with available tools, referrals, and expert consultations, caregivers can better navigate decisions and feel more supported in their role.






### LIFE ADVISOR WELL-BEING WEBINAR

>>> Setting Your Child Up for Success

Register now for our upcoming Life Advisor Well-being webinar!

### LIFE ADVISOR PORTAL

>>> www.lifeadvisor.com

We invite you to look through our portal and online resource library for help with your total well-being journey.







### MONTHLY VIDEO

>>> Caring for Yourself While Caring for Others

Show up strong for others by showing up for yourself first—your well-being fuels everything you do.

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### LIFE ADVISOR WELL-BEING WEBINAR LIBRARY

>>> Life Advisor Well-being OnDemand Videos

On demand webinars focusing on work/life balance issues and remedies.

