

Ulliance Life Advisor Well-being Portal

Login: www.LifeAdvisor.com

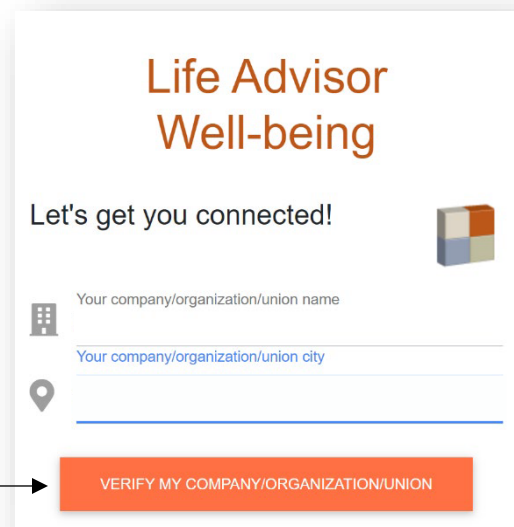
Is this your FIRST TIME LOGGING IN?

Enter your:

Company Name

Company City *and click*

Verify My Company



The screenshot shows the 'Life Advisor Well-being' login page. At the top, it says 'Let's get you connected!' with the Ulliance logo. Below this are two input fields: 'Your company/organization/union name' and 'Your company/organization/union city'. At the bottom, there is a red button labeled 'VERIFY MY COMPANY/ORGANIZATION/UNION'. An arrow from the 'Verify My Company' button in the previous section points to this button.

You will land on a screen with your Company LOGO:

Select:

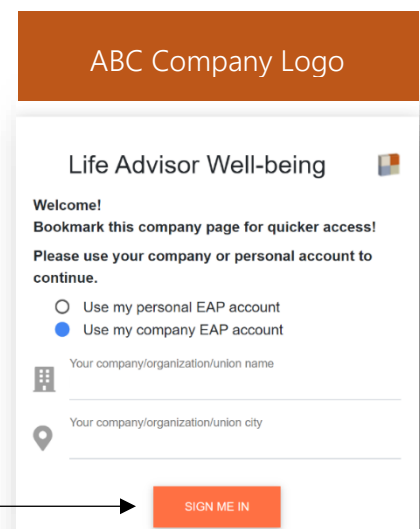
Use my company EAP Account

Re-enter your:

Company Name

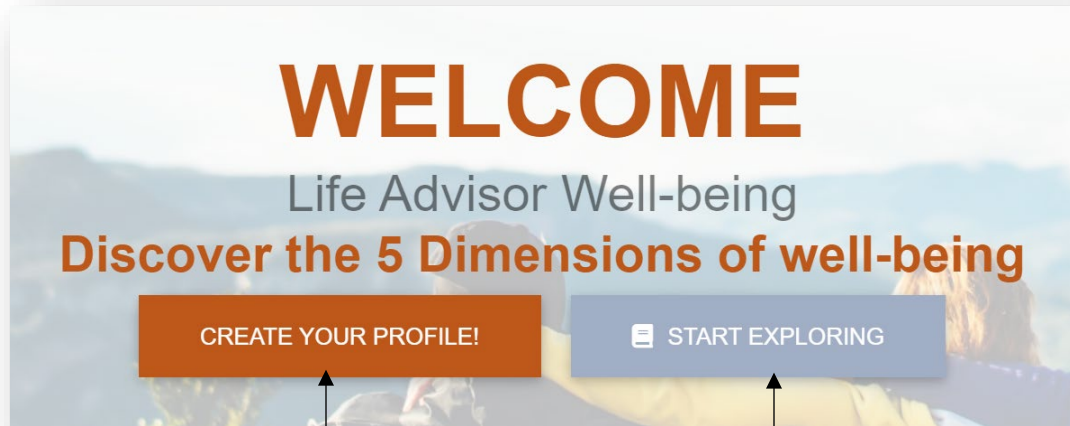
Company City

Click: SIGN ME IN



The screenshot shows the 'Life Advisor Well-being' login page with the 'ABC Company Logo' at the top. Below the logo, it says 'Welcome!' and 'Bookmark this company page for quicker access!'. It then asks the user to 'Please use your company or personal account to continue.' with two radio button options: 'Use my personal EAP account' and 'Use my company EAP account'. Below these are two input fields: 'Your company/organization/union name' and 'Your company/organization/union city'. At the bottom, there is a red button labeled 'SIGN ME IN'. An arrow from the 'Click: SIGN ME IN' button in the previous section points to this button.

Start here!



Begin by creating your profile **OR** simply start exploring!

CREATE YOUR PROFILE

To access the **FULLY ENHANCED** features for an interactive experience

Select and complete the simple form

CREATE YOUR PROFILE!

Create your Profile

Be sure to enter your legal first and last name for quicker access!

First Name *

Last Name *

Email *

User Name

DOB *

REGISTER

Enter your first name/last name, date of birth and email address into the form and click:

REGISTER

Your email address will auto-fill and will become your Username.

A password will be sent to the email address you provided.

Return to the log-in page

Select:

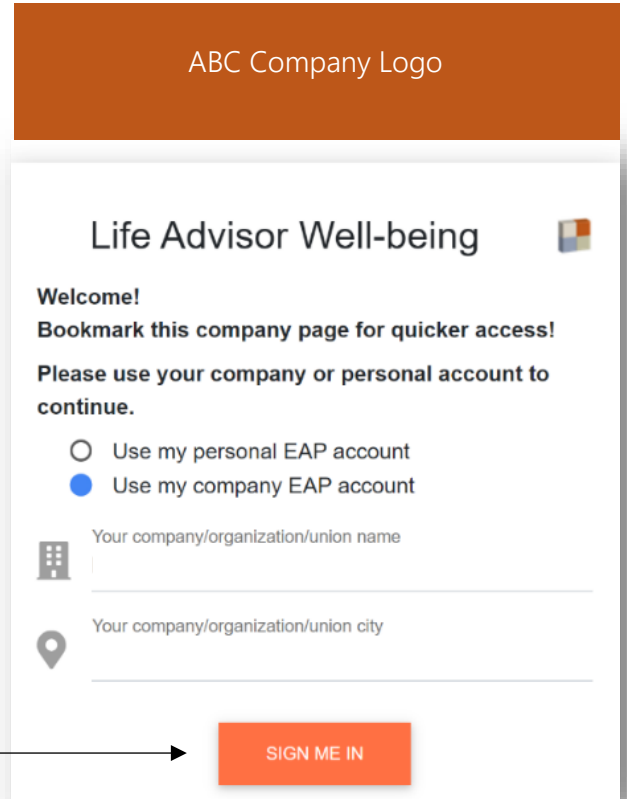
Use my PERSONAL EAP Account

Enter your:

Email address and

Password

Click: SIGN ME IN



ABC Company Logo

Life Advisor Well-being

Welcome!
Bookmark this company page for quicker access!
Please use your company or personal account to continue.

Use my personal EAP account
 Use my company EAP account

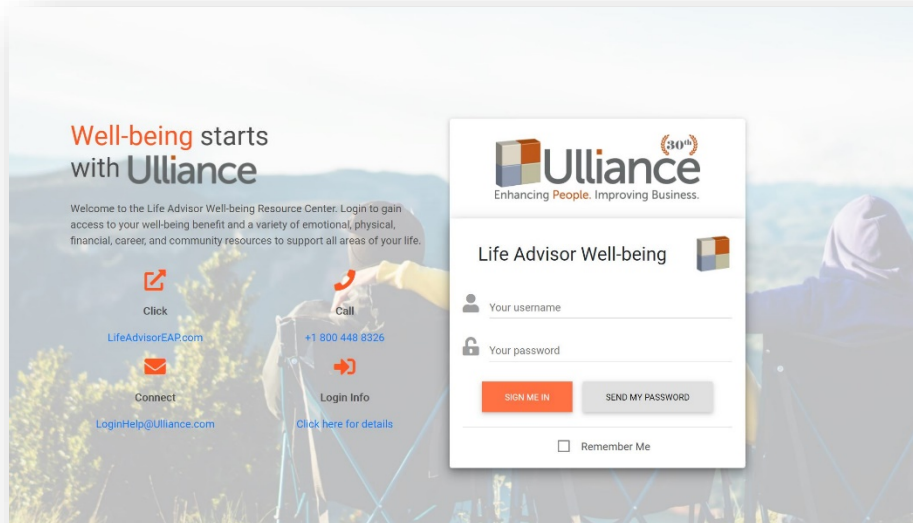
Your company/organization/union name

Your company/organization/union city

SIGN ME IN

YOU DID IT!

The next time you log-in to the Life Advisor Well-being Portal, you will use your email address and your password.



Continue EXPLORING the portal with the main navigation bar at the top of the page:



Each link leads directly to specific **SERVICES & RESOURCES** with a focus on:

- Employees
- Well-being
- HR & Managers

Investigate the Resource Library, EAP benefits, Assessments, Healthy Tips, Newsletters, Videos, Trackers, Journals and MORE!

Look for the icons throughout the portal representing the 5 Dimensions to Total Well-being:



EMOTIONAL • PHYSICAL • FINANCIAL

CAREER • COMMUNITY



Challenge yourself! Wellness is much more than merely physical health, exercise, or nutrition. It is the full integration of different states of well-being.

The goal of the 5 To Thrive program is to educate, motivate and empower you and your family members to adopt and maintain healthy lifestyle behaviors. Complete any of the healthy actions in each dimension to get started today!

What you are waiting for? Focus on your Total Well-being today!