

# Ulliance Life Advisor Well-being Portal

Login: [www.LifeAdvisor.com](http://www.LifeAdvisor.com)

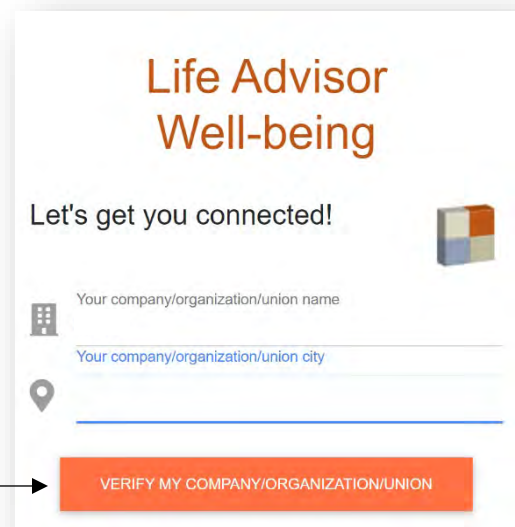
## Is this your FIRST TIME LOGGING IN?

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 a small logo. Below this are two input fields: 'Your company/organization/union name' and 'Your company/organization/union city'. At the bottom of the form is a red button labeled 'VERIFY MY COMPANY/ORGANIZATION/UNION'. An arrow from the 'Verify My Company' text in the previous block points to this button.

## You will land on a screen with your Company LOGO:

Select:

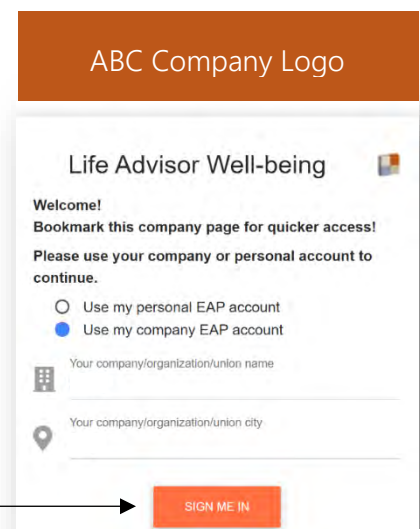
**Use my company EAP Account**

Re-enter your:

Company Name

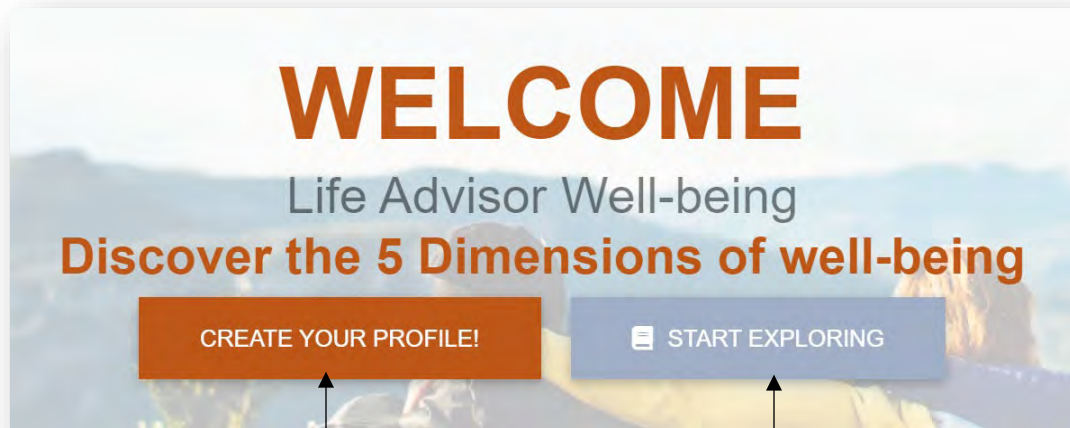
Company City

**Click: SIGN ME IN**



The screenshot shows the 'Life Advisor Well-being' login page with a 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 is a red button labeled 'SIGN ME IN'. An arrow from the 'Click: SIGN ME IN' text in the previous block 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 \* John

Last Name \* Smith

Email \* jsmith@abc.com

User Name. jsmith@mmmmmm.com

DOB \* 11/23/1987

**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:

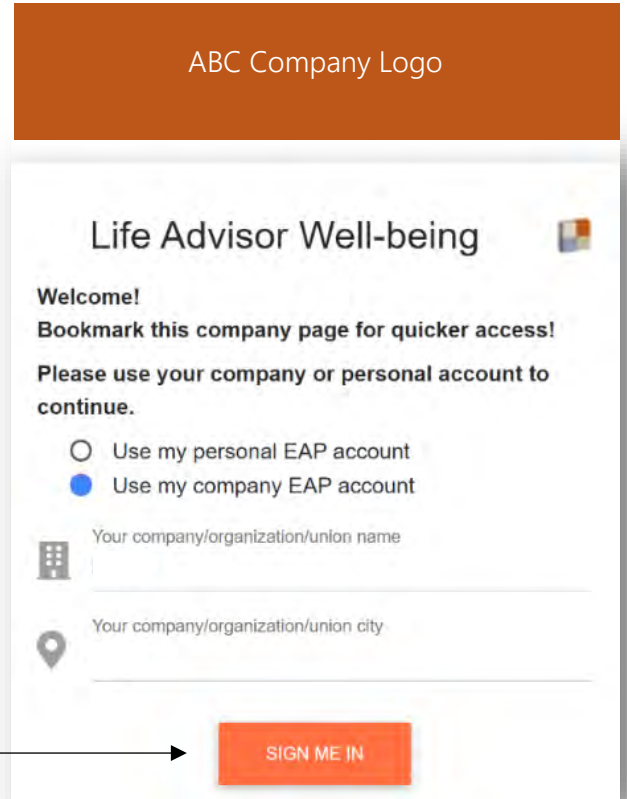
Use my PERSONAL EAP Account

Enter your:

Email address and

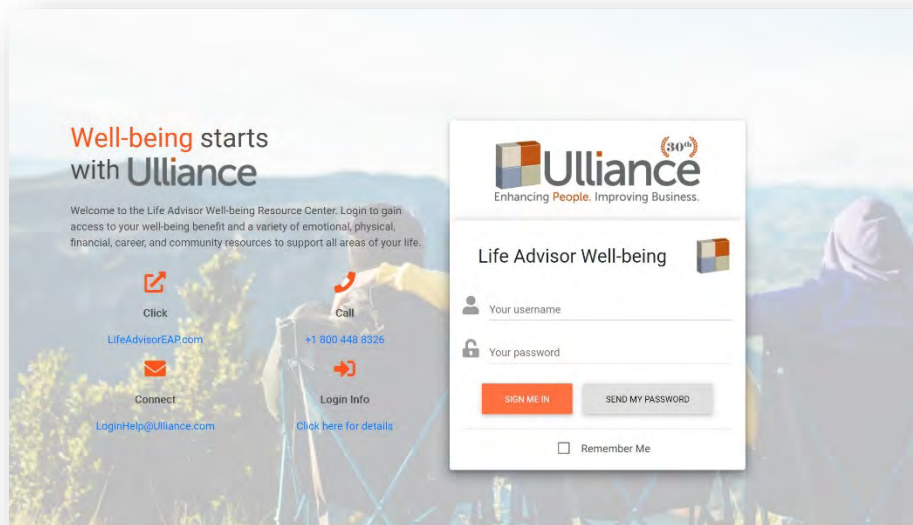
Password

Click: SIGN ME IN



## 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:

EAP SERVICES & RESOURCES   WELL-BEING RESOURCES   HR & MGR RESOURCES

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!**