

Employee Assistance Program Overview

LIVE, IMMEDIATE ASSISTANCE

Access your IMPACT EAP through 24/7 Telephone Support, Mobile App with Chat Functionality, and Web Portal.

MENTAL HEALTH COUNSELING

Up to 6 complimentary counseling sessions per person, per occurrence with face-to-face, telephonic, video or chat options. Request counseling services through our mobile app, online support request and chat functionality feature. Automated appointment reminders and follow-up.

PERSONAL ASSISTANT

A Personal Assistant helps you with your "to do" list. We help lighten the load through researching the best options for services such as entertainment & dining, travel & tourism, household professionals and more.

LIFE/WELLNESS COACHING

A Life Coach can help you with mindfulness training to improve your resilience to stress, nutritional guidance, caregiver stress, tobacco cessation, enhancing self-confidence and motivation, time management and more.

PERSONALIZED MEDICAL GUIDANCE

PMG Health Advisor offers support as you navigate the health care system. Help with diagnosis confirmation, diagnosis and treatment research, medical record collection, provider research, appointment scheduling, and second opinions.

LEGAL/FINANCIAL/IDENTITY THEFT CONSULTATION

Expert advice from vetted professionals who can help with a wide range of legal matters and financial concerns including identity theft, tax consultation, retirement planning, debt management, budgeting, bankruptcy prevention, housing issues, student loan education and more.

WORK/LIFE REFERRAL SERVICES

Trained work/life specialists provide information, resources, and referrals on a wide range of daily living needs. Services include expert advice and perspective on how to approach a child, adult or elder care situation as well as 3 to 5 prescreened list of providers.



ALWAYS AVAILABLE, CONFIDENTIAL & AT NO COST TO YOU!

24/7 SUPPORT: 800-227-6007

All employees, spouse/partner, household members, dependents in and away from home, and parents/parents-in-law are eligible to use any of the IMPACT services.

A Benefit Provided By:



OHIO
UNIVERSITY

IMPACT Solutions EAP WEBSITE – MyLifeExpert

Visit us on the web at www.MyImpactSolution.com

Your Company Code: ohio

HOW TO SET UP YOUR LOGIN

STEP 1: Visit MyImpactSolution.com

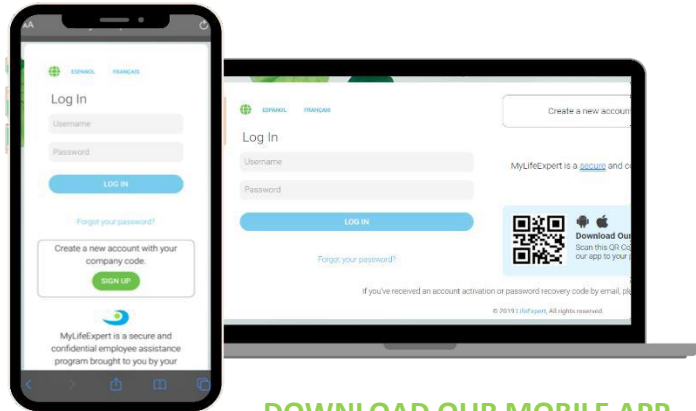
STEP 2: Click on “MY LIFE EXPERT LOGIN”

STEP 3: SIGN UP here:

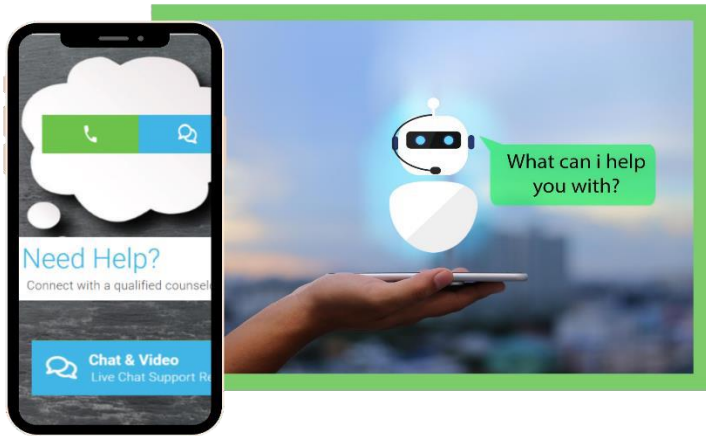
Create a new account with your company code.



STEP 4: Enter your Company Code: ohio and follow the instructions in your activation email. YOU ARE DONE!



DOWNLOAD OUR MOBILE APP



THOUSANDS OF WORK/LIFE RESOURCES

Vetted articles, videos, calculators and worksheets. Quick health and lifestyle assessments. Webinars, soft skills courses, resource locators and our popular “Discount Center” and so much more.



INTERACTIVE CHECKLISTS

Life Expert provides you with interactive tools to help with issues such as family, health, and other life situations.

