

May is Mental Health Awareness Month

Wellness Challenge

Access your Employee Assistance Program (EAP) website: <https://www.resourcesforliving.com/login>

Earn 100 Wellness Points by:



AND

Checking out the resources available via your "Company", County of Imperial access

Accessing more personalized resources available by registering via "Create personal account"

Company log in/Register

Create personal account

Employer/Organization Username

County of Imperial

Access Code

eap

Log in to site



Once completed, enter your points into Wellness Point Tracker under Wellness Program Activity/Challenge- May

<https://www.resourcesforliving.com/login>