

# Your Online EAP Benefits

Access thousands of self-help tools, resources and training for employees, managers and family members.



## LOGIN INSTRUCTIONS

1. Go to [www.theEAP.com](http://www.theEAP.com) and click the **Member Login** button.
2. If you've already created a User Name and Password, simply log in.
3. If this is your first visit, click **REGISTER** and fill out the form to create your User Name and Password.

*\* You only need to register once.*

## IMPORTANT!

Our Self-Help resources are best experienced with a modern browser such as: **Google Chrome, Mozilla Firefox and Safari**. These browsers are continually maintained and receive updates from their support to ensure a safe, secure, and hassle free environment.



[www.theEAP.com](http://www.theEAP.com)



800-252-4555

Scan to explore benefits!



If you have any issues using this system or content, please don't hesitate to contact us during normal business hours (**Mon-Fri 8am - 5pm EST**) for immediate assistance. **800.535.4841 Ext. 575 | [itdepartment@theEAP.com](mailto:itdepartment@theEAP.com)**