

# What can your member website do for you?



## Your member website is all about you and your everyday needs.

Access to the website is free for you and your household members. You'll find a wide array of articles, videos, podcasts, live and on-demand webinars, assessments and more. Categories include:

<b>Mental well-being</b>	<ul style="list-style-type: none"><li>• Depression</li><li>• Suicide prevention</li></ul>	<ul style="list-style-type: none"><li>• Mental health awareness</li><li>• Addictions and more</li></ul>
<b>Life and relationships</b>	<ul style="list-style-type: none"><li>• Parenting and education</li><li>• Child and eldercare provider searches</li></ul>	<ul style="list-style-type: none"><li>• Balancing work and family</li><li>• Pets</li><li>• Caregiver support and more</li></ul>
<b>Workplace</b>	<ul style="list-style-type: none"><li>• Diversity and inclusion</li><li>• Handling change</li></ul>	<ul style="list-style-type: none"><li>• Helping your coworkers</li><li>• Navigating your career</li></ul>
<b>Resources</b>	<ul style="list-style-type: none"><li>• Self-assessments</li><li>• Life's moments blog</li><li>• Community resources</li></ul>	<ul style="list-style-type: none"><li>• Think Tank podcast</li><li>• Video health center</li><li>• Webinars and more</li></ul>

And check Resources > View your services to learn more about your benefits.

You have a world of information right at your fingertips. Log on today.



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