MyLifeExpert: Work/Life Solution



Access the information and resources you need when you need it. Online support services and personalized wellness content available 24/7.

- Thousands of articles, videos, podcasts, calculators, webinars, assessments, and worksheets
- Personalized profiles to manage your favorites/bookmarks and access saved activities
- Content available on any connected device and in English, Spanish, and French
- Provided to you at no additional cost through your ERC Employee Assistance Program (EAP)

Life happens, and sometimes you need a little extra support to balance home and work.

Sign up for MyLifeExpert at:

https://mylifeexpert.com/login



Finance



Legal



Family & Parenting



Health & Wellness



Career & Military



Education



Seniors



Everyday Living & more