



## Your Online EAP Benefits



To access over 25,000 self-help tools, resources and training for employees, managers and family members:

1. Go to [www.theEAP.com](http://www.theEAP.com) and click the **Employee & Family Login**.
2. Enter your unique Username and Password **OR** if you have not registered, complete steps **(a)** and **(b)**.
  - (a) Click on **REGISTER**.
  - (b) Fill out the Registration form to create your own Username and Password, then click **Register**.
3. ***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.