

IMPACTSOLUTIONSSM

An AllOne Health Company

Call: **800-227-6007**

If you are experiencing a life-threatening situation, please call 911 or immediately go to an emergency room.

Request Services Online:

MENTAL HEALTH COUNSELING

WORK-LIFE ISSUES

We provide mental health and well-being benefits to help people and organizations unleash their full potential.

Your organization has partnered with IMPACT Solutions to give you access to:

- Mental Health Counseling
- Life Coaching
- Legal and Financial Consultation
- Work-Life Referrals
- Personal Assistant Referrals
- Medical Advocacy

Navigate to www.MyImpactSolution.com.

You can call the number listed or click on the “Mental Health Counseling” or “Work-Life Issues” buttons to fill out a confidential online request form.



**In-the-Moment
Counseling Support**

Instantly Connect to an EAP
Clinician by Phone



Video Counseling

Schedule a Video Session



Telephonic Sessions

Schedule a Telephonic
Session



In-Person Sessions

Meet with a Local EAP
Clinician



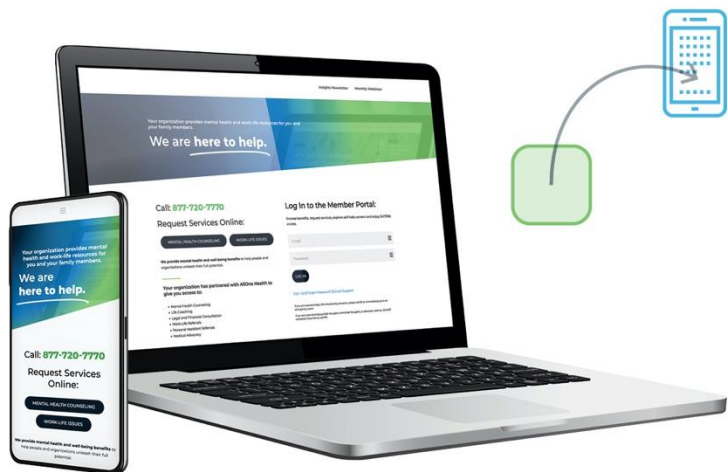
Text & Chat Options

Available through the
Member Portal

CHECK OUT YOUR NEW Assistance Program Member Portal

Live Chat & Online Requests, Mental Health Support & Self-Care

Your Employee Assistance Program is here to support the whole person, with services to strengthen mental health, build financial wellness, resolve work-life challenges, and help unleash your full potential. And our goal is to make accessing care as easy as possible with our new and improved member portal.



Check Out Your New Member Portal

1. Visit your member landing page:
www.MyImpactSolution.com
2. Log in or create an account using your email address and company code: **postdocs**

Experience Enhanced Support & Resources

- **Connect** via live chat, phone, or online request forms
- **Request** mental health counseling or work-life benefits
- **Explore** the online financial wellness center
- **Enhance** your well-being with self-care assessments & soft skills courses
- **Access** 1,000+ articles, podcasts, well-being resources and more
- **Find** exclusive marketplace discounts

Add or Update the Member Portal Web App on Your Mobile Device

Whether you're using an iPhone or Android device, here's how to update and add the new Member Portal web app icon.

How to Remove the Old Icon

(For members who already have the old icon)

1. Tap and hold the old Member Portal web app icon.
2. On iPhone, tap "Delete App" when it appears. On Android, drag the icon to "Remove" and confirm the deletion if prompted.

How to Add the New Member Portal Icon

(For members who are updating or adding for the first time)

1. Open your mobile device's web browser (Safari for iPhone or Chrome for Android).
2. Enter www.MyImpactSolution.com in the address bar.
3. Once the web app loads, tap the share icon (on iPhone, it's a square with an arrow pointing up; on Android, it's usually three dots).
4. Look for an option that says, "Add to Home Screen" or "Add to Home Page" and tap it.
5. Customize the name of the icon to "Member Portal" if needed.
6. Confirm your selection by tapping "Add."

Now, you'll have the updated Member Portal web app icon on your mobile device's home screen, providing easy access to all the latest features and information. Enjoy the improved user experience!



ACI SPECIALTY
BENEFITS
An AllOne Health Company

EASE@WORK
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ENCOMPASS EAP
An AllOne Health Company

ERS EAP
An AllOne Health Company

FEI WORKFORCE
RESILIENCE
An AllOne Health Company

IMPACT SOLUTIONS
An AllOne Health Company

LIFE SERVICES EAP
An AllOne Health Company

LYTLE EAP PARTNERS
An AllOne Health Company

SAND CREEK EAP
An AllOne Health Company

TRIAD EAP
An AllOne Health Company