

For all of
life's questions.

Introducing *Ceridian LifeWorks Mobile!*



Your Employee Assistance Program/Employee & Family Assistance Program provided by Ceridian is your source for information and support when navigating through life's changes and challenges. You already have access to helpful telephonic consultations and practical online resources. ***With Ceridian LifeWorks Mobile, help is now as close as your smartphone!***

This **FREE** mobile application is available for iPhone, Android and BlackBerry devices, and exclusively to our EAP/EFAP customers. The app offers a convenient way to manage your life, health, family, money and work, with topics ranging from stress to work-life balance. It's a confidential source of information you can count on, whenever you need it, and from wherever you are. An exciting new feature of your EAP/EFAP program, the app is provided by your employer as an employee benefit, or by your school or insurance company.

Most of the valuable information on your EAP/EFAP website is available on the mobile app, and optimized for easy navigation on your smartphone. Listen to podcasts and audio tracks, read articles and digital booklets, and see what's new in the monthly features. We update featured content monthly, highlighting timely articles, recordings, and other useful information.

Are you ready to get started with Ceridian LifeWorks Mobile?

1. Click on an icon below to install the app for your device (or search for "LifeWorks" in your device's store):



2. Open the app, and enter your **user ID and password** – the same login you use to access your EAP/EFAP website on your computer (available in the contact information box at the bottom of this flyer). Or, your employer, school or insurance company program administrators can provide you with these details if you need them in the future.
3. Choose "*Remember me*" when you log in, so you won't need to log in again. You'll just click on the icon and the app will open.
4. Once you've opened the app, you can click on "*Need assistance/help*" and the toll-free program number will appear. One more click and you'll be connected by phone with an EAP/EFAP consultant.

To speak to an EAP/EFAP consultant, contact us any time:

1-800-667-3400 ATS: 1-877-616-4422

To log in to your EAP/EFAP website or to Ceridian LifeWorks Mobile:

User ID: rbc Password: rbccanada