

Subject: Important Changes to Your EAP

Dear Employees,

I wanted to remind you about our Employee Assistance Program (EAP). The EAP can provide you with support and resources to help you find answers related to work, life, health, family, or money. Included in your EAP is LIFT Session Virtual Fitness. This virtual fitness platform gives you access to unlimited fitness journeys that are customized to your goals and current fitness level.

Important Changes Effective March 1, 2023

Your EAP provider, LifeWorks, launched their new website on March 1, 2023. You'll enjoy a new user-friendly interface with access to even more articles, podcasts, tools, and resources.

To access the new website, you will need to login with a username and password. The username and password will be the same for all employees.

Website: www.niseap.com

Username: NISEAP

Password: EAP (password is case sensitive)

You will continue to receive EAP telephonic assistance at 866.451.5465 or through their app. The current app, MYEAP is valid until May 1, 2023. The new app, LifeWorks can be downloaded on March 1, 2023, and the login information will be the same as the website listed above.

[EAP Flyer](#)

[LIFT Fitness Flyer](#)

[LifeWorks App Flyer](#)

Sincerely,

Group Contact