

Over  
**5 Thousand**  
articles, videos  
and more...

# Work-Life Resources

Our work/life portal gives members access to thousands of up-to-date, topic-related **articles, videos, podcasts, calculators, interactive checklists, webinars**, and more related to:

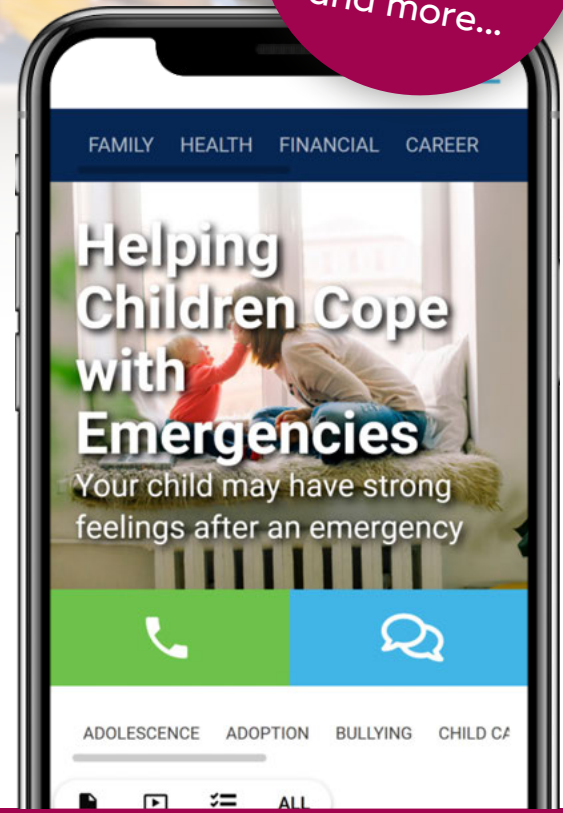
- Financial & Legal
- Child Care & Education
- Eldercare
- Health & Wellness
- Career & Military
- Everyday Living
- *And more...*



**Methodist**  
Healthcare

**Employee Assistance  
Program**

Available in English,  
Spanish and French





Health & Lifestyle Assessments



50+ Soft Skills Courses



Financial Calculators



Nationwide Resources



24/7/365 Support

**Members have instant, confidential, 24/7/365 support to get access to the help they need all in the palm of their hand.**

**EMPLOYEE ASSISTANCE PROGRAM - AVAILABLE 24/7 - ALWAYS CONFIDENTIAL**

Create your account today at <https://myassistanceprogram.com/mheap>

Simply click, **Member Portal & App** on the right side of the homepage. You will be asked for our company code, after entering it, you will be asked for your email and then asked to create a username. Once you submit a username, an email will be sent to the email address you provided to finish the registration process.

Scan Here to Download



Use company code: **MHEAP**