

# Introducing Your Member Portal

Browse benefits. Request services.  
Enjoy 24/7/365 access.

Your Assistance Program offers a wide range of benefits to help improve mental health, reduce stress and make life easier—all easily accessible through your member portal.

## Request a Mental Health Session

Request counseling by submitting an online form or live chat. Choose from in-person or virtual counseling options to meet your needs.

## Request Referrals & Resources

Submit a request for family care and lifestyle support including childcare and eldercare referrals, legal and financial consultation, personal assistant referrals and medical advocacy consultation.

## Explore Thousands of Self-Care Articles & Resources

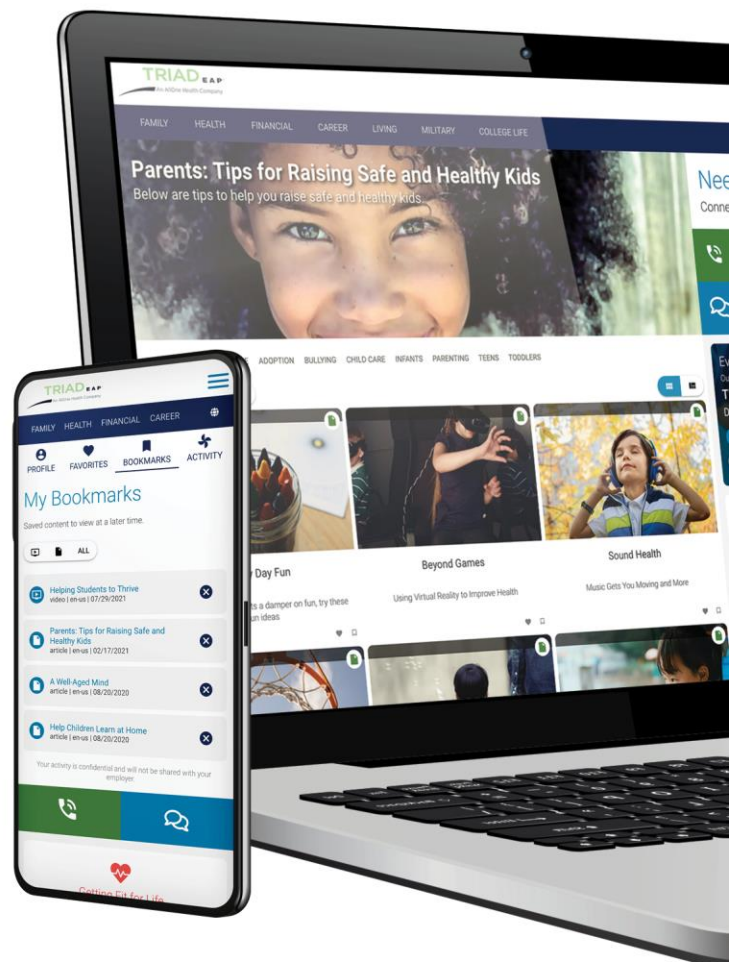
Health and lifestyle assessments, interactive checklists, soft skills courses, podcasts, resource locators, exclusive discounts, and expansive articles on whole health and well-being.

## Visit Your Online Financial Center

Featuring worksheets, calculators, and a wide range of financial resources and tools to help reach personal goals and build financial wellness.

## Getting Started Is Easy

1. Visit [www.triadeap.com](http://www.triadeap.com) and click on “Log In to the Member Portal”
2. Register to create a new account using your company code: **ski-co**
3. A confirmation email will be sent to complete the process



Contact Triad EAP

Call: 877-679-1100

Visit: [www.triadeap.com](http://www.triadeap.com)

**TRIAD EAP**  
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