



THE WELLNESS CORPORATION

Building a Better World - One Organization at a Time

Your EAP includes a comprehensive work/life balance, health & wellness and training website. The Work/Life site is located at: www.wellnessworklife.com and includes:

- Over 5,000 articles and 1,500 health videos, quizzes and assessments on health topics including AIDS, arthritis, cancer, diabetes, eye care, heart health, pain management and many more
- Over 1,500 articles, 40 videos and quizzes, and in-depth assessments on every aspect of mental health & well-being (e.g. alcohol, anxiety, bipolar disorder, depression, eating disorders, post-traumatic stress disorder and many more)
- Over 900 articles and 140 consumer friendly calculators (e.g. auto, budget, college, home equity, life insurance, retirement planning, etc.)
- Over 1,000 articles and hundreds of helpful Federal & State tax forms
- Over 500 WorkLife articles and nearly 100 interactive tools and videos to assist in achieving a balanced life. Topics include childcare, child and teen development, eldercare, education, managing work and family, parenting and many more.

To register at www.wellnessworklife.com:

1. Click “**New Members Register Here**”
2. Enter your company name: **Yale**
3. Choose a user name and password
4. Re-enter your password, choose and answer a reminder question, and check the agreement box

Once you have successfully registered, you will be granted full access to the site. You will only need to register once. This site is voluntary and confidential.