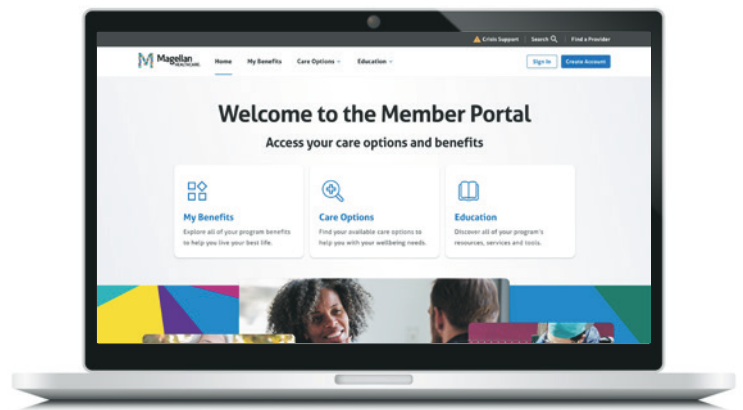


Member website

Navigating the ups and downs of life can be challenging, but accessing support does not have to be. Your member website provides a comprehensive, user-friendly platform designed to connect you and your household members with essential resources, care options and wellbeing tools—all accessible anytime, anywhere.

- ☑ **My Benefits**—See all your program benefits in one place with instant access to a wide range of wellbeing services. You can easily explore support for counseling, financial, legal, work-life, digital emotional wellbeing and more.
- ☑ **Care Options**—Find care options to streamline connection to care professionals and quickly access self-help tools, crisis support, condition-specific resources and guides to help you manage your care with confidence.
- ☑ **Educational Resources**—Explore wellbeing resources including clinically validated articles, videos, self-assessments and webinars on a wide range of topics from anxiety to zones of productivity.
- ☑ **Trending Content**—Check out the monthly newsletter, register for a live webinar and see what themes are popular. This feature keeps you informed about the latest wellbeing topics and engagement opportunities.
- ☑ **Member Guide**—If you are not sure where to start, this comprehensive guide helps you understand your benefits, know your care options, learn about educational resources and answers to frequently asked questions.
- ☑ **Live Chat**—Instant access to live person support to help you find what you are looking for.



Your wellbeing journey starts here—simple, accessible and supportive.

Getting started is easy:

- Scan the QR code or visit Inova.org/EAP
- Click Member Login
- Enter your company name to view your specific benefits.
- Create a personalized account for tailored recommendations.
- Questions? Use the Live Chat on your member website. Or, contact your Inova Employee Assistance Program at 1-800-346-0110 (TTY 711).