

My Life Expert



"I've been wanting to take a class to boost my assertiveness and self-confidence skills but I can't find the time to get to the community college."

"Our monthly budget is in shambles and we need tips to get our finances organized. Where do we begin?"

"My manager feels I'm a good candidate for a promotion, which is great, but I'd like to brush up on my creative problem solving skills."

"I'm always on the lookout for discounts on local and commonly used goods and services. I'm excited I now have access to all sorts of deals!"

Let's face it! There are personal activities you wish you had time for but the busyness of your day-to-day has you pulled in many directions. No worries! My Life Expert can help.

My Life Expert is a fabulous resource that includes:

- Easy Access to Counseling and EAP Services
- Thousands of articles, videos, and interactive activities
- Nationwide Resource Locators
- Integrated soft skill courses
- Discount marketplace
- Free monthly webinars
- Financial Center

Also, you have access to:

- A Member Profile that allows you to save bookmarks, favorites, and certificates for future access.
- A special 'Company Section' that provides access to documents and videos from your place of work.

This valuable service is available in English, Spanish and French; is confidential and free. You can access this site directly at www.BestCareEAP.mylifeexpert.com or through the Best Care EAP member portal using your company code to create an account.