



Online & Digital Tools



Access Details:

Your Employee Assistance Program services are free, confidential, and always available 24/7/365.

*To access services call MINES or visit our website (contact details below) to complete a digital intake for EAP service.**

Our patient navigators are available to answer any questions you may have and help you access any of the EAP services available to you and your household members.

** Your company code is used to register for online profiles as well as complete online intake requests. If you do not know your company code, please call MINES for assistance.*

Your Digital & Online Resources

Life can get busy and you don't have time to wait around. MINES knows this. That's why as part of the EAP you and your household members have access to robust online tools and resources to help you live life at your own pace.

With MINES' EAP, you and your household members have access to two primary online resources. The first is a digital intake available on our website to help you access your EAP services anytime, anywhere. The second is an online resource library called PersonalAdvantage, full of articles, assessments, trainings, and other tools including free access to the eM Life Mindfulness mobile app. See below for details.

- **Digital Intake:** You and your household members can access all of your EAP services 24/7 with a click of a mouse. Log on to the MINES website (www.minesandassociates.com) and use your company code to set up an online profile. From there complete a fast and easy intake to get access to counseling, legal/financial services, work/life referrals, wellness coaching, or anything else!
- **PersonalAdvantage:** An online resource library designed to help you and your household members manage stress, build resiliency, and develop your interpersonal skills. Full of assessments, courses, calculators, forms, quizzes, and articles, PersonalAdvantage can help with a wide range of topics including emotional wellbeing, Physical and mental health, legal and financial issues, personal growth, relationships, and more!
- **eM Life Mindfulness App:** eM Life is a purpose-driven mindfulness solution that can be applied to everyday life and chronic conditions to promote health, happiness, and performance. eM Life provides a virtual mindfulness solution to help you create connections with yourself and others while building skills to manage stress and anxiety, improve focus, and enhance your overall well-being.

If you need help accessing your online resources or completing an online digital intake, our team is standing by to help! Call or log on to access your online digital resources today!

Free & Confidential support!
Call or log on today to get started at:

1-800-873-7138 or visit minesandassociates.com

This guide is for informational purposes only. Call MINES for complete details.

