

What can your member website do for you?



Your member website is all about you and your everyday needs.

Access to the website is free for you and your household members. You'll find a wide array of articles, videos, podcasts, live and on-demand webinars, assessments and more. Categories include:

Mental well-being	<ul style="list-style-type: none">• Depression• Suicide prevention	<ul style="list-style-type: none">• Mental health awareness• Addictions and more
Life and relationships	<ul style="list-style-type: none">• Parenting and education• Child and eldercare provider searches	<ul style="list-style-type: none">• Balancing work and family• Pets• Caregiver support and more
Workplace	<ul style="list-style-type: none">• Diversity and inclusion• Handling change	<ul style="list-style-type: none">• Helping your coworkers• Navigating your career
Resources	<ul style="list-style-type: none">• Self-assessments• Life's moments blog• Community resources	<ul style="list-style-type: none">• Think Tank podcast• Video health center• Webinars and more

And check Resources > View your services to learn more about your benefits.

You have a world of information right at your fingertips. Log on today.



For legal disclaimers, visit [rfl.com/Disclaimers](https://www.rfl.com/Disclaimers).

©2024 Resources for Living
866052-01-03-RFL (10/24)
RFL-COM-Dist

Resources for Living®