

Introducing Your Member Portal and App

Browse benefits. Request services.
Enjoy 24/7/365 access.

Ease@Work offers a wide range of benefits to help improve mental health, reduce stress and make life easier. Find even more resources and ways to connect on our member portal and app.

Video, Chat and Telephonic Access

24/7/365 access to request mental health sessions coaching and resources to help with work/life balance

Thousands of Self-Care Articles and Resources

Explore videos, provider resource locators, personal assessments, calculators and tools

Events Calendar and Free Webinars

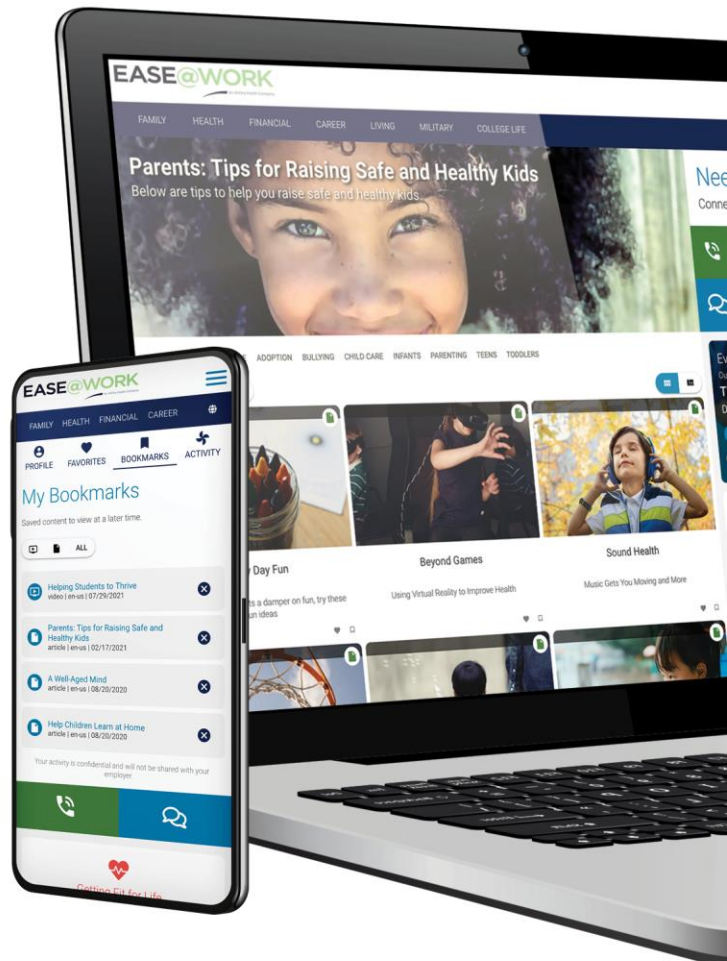
Sign up for the latest webinars and online training sessions

Exclusive Discounts

Save money on entertainment, gifts, travel and consumer goods

Getting Started Is Easy

1. Visit easeatwork.com and click on "Member Portal & App" in the top menu
2. Register to create a new account using your company code: cmsdist
3. A confirmation email will be sent to complete the process



Contact Ease@Work

Call: 800-521-3273

Visit: easeatwork.com and select Member Portal & App

Code: cmsdist

EASE@WORK
An AllOne Health Company