

# 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

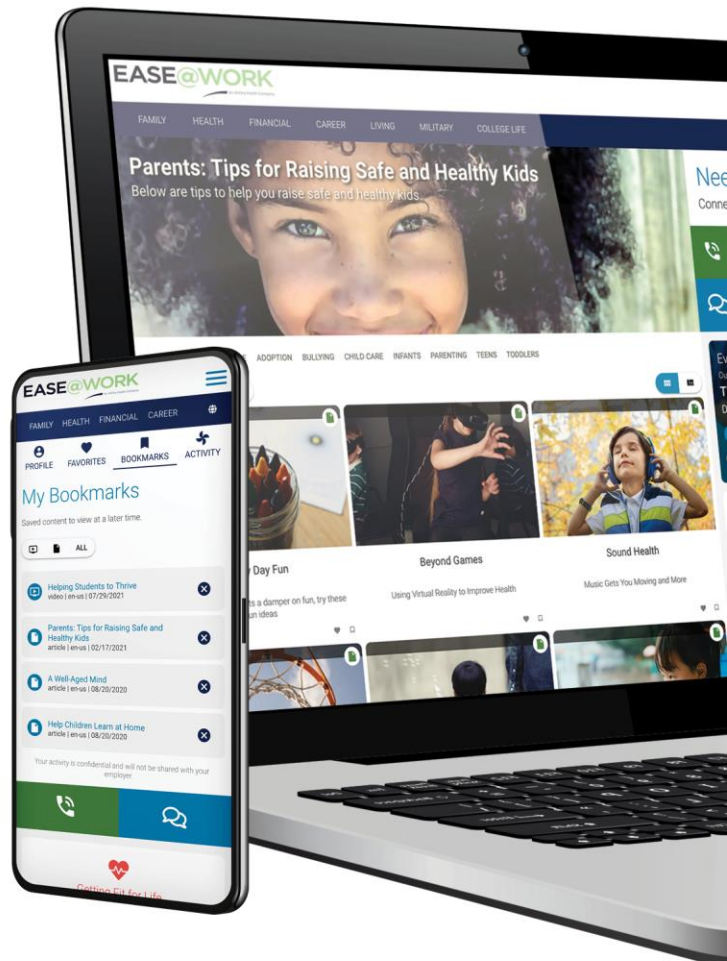
Sign up for the latest webinars and online training sessions

#### Exclusive Discounts

Save money on entertainment, gifts, travel and consumer goods

## Getting Started Is Easy

1. Visit [easeatwork.com](http://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](http://easeatwork.com) and select Member Portal & App  
Code: cmsdist

**EASE@WORK**  
An AllOne Health Company