# TotalCare EAP
*A division of ESI*
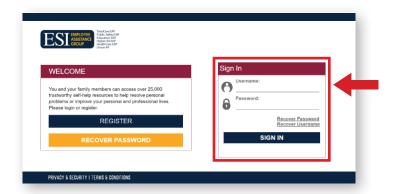
# Accessing Your Self-help EAP Benefits

## LOG IN & REGISTRATION STEP-BY-STEP INSTRUCTIONS

**1.** Log on to **www.theEAP.com.**

**2.** Click the **Member Login** button.

**3.** If you've already created a User Name and Password, simply enter that information in the appropriate boxes. **If you have not registered, complete steps 4-5.**

**4.** Click on **REGISTER.**

**5.** Fill out the Registration Form and create your own User Name and Password, then click **REGISTER**. **You only need to register once.**

www.theEAP.com
800-252-4555

***Scan to view EAP benefits***

### WELCOME

You and your family members can access over 25,000 trustworthy self-help resources to help resolve personal problems or improve your personal and professional lives. Please login or register.

**REGISTER**

**RECOVER PASSWORD**

### Sign In

Username:

Password:

Recover Password
Recover Username

**SIGN IN**

PRIVACY & SECURITY | TERMS & CONDITIONS

### Register

Create Username

First Name

Last Name

Organization Name

Email Address

Password   (7 character minimum)

Verify Password

Reminder
What is your mother's maiden name?

Passphrase

☐ I agree to the **terms of use**

**REGISTER**

***Your Organization Name:**