

As you may be aware, Wallingford-Swarthmore School District offers all full-time employees a benefit that can assist in balancing the demands of work and personal or family life. Effective March 1, 2023, our Employee Assistance Program (EAP) provider, **LifeWorks**, has launched their new website.

Employees will enjoy a new user-friendly interface with access to even more articles, podcasts, tools, and resources. The EAP can provide employees confidential support and resources to help find answers related to work, life, health, family, or money. All inquiries are confidential.

Included in the EAP is **LIFT** Session Virtual Fitness. This virtual fitness platform gives you access to unlimited fitness journeys that are customized to your goals and current fitness level.

To access the new website, you will need to login with a username and password. The username and password will be the same for all employees.

Website: www.niseap.com

Username: NISEAP

Password: EAP (password is case sensitive)

You will continue to receive EAP telephonic assistance at 866.451.5465 or through their app.

The current app, MYEAP is valid until May 1, 2023. **The new app, LifeWorks can be downloaded effective March 1, 2023, and the login information will be the same as the website listed above.**

Please click the following links for additional information:

[EAP Flyer](#)

[LIFT Fitness Flyer](#)

[LifeWorks App Flyer](#)

Thank you.