

# Introducing Your Member Portal and App

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

Your Assistance Program offers a wide range of benefits to help improve mental health, reduce stress and make life easier—all easily accessible through your member portal and app.

#### Video, Chat and Telephonic Access

24/7/365 access to request mental health sessions and life management referrals

#### Thousands of Self-Care Articles and Resources

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

#### Events Calendar and Free Webinars

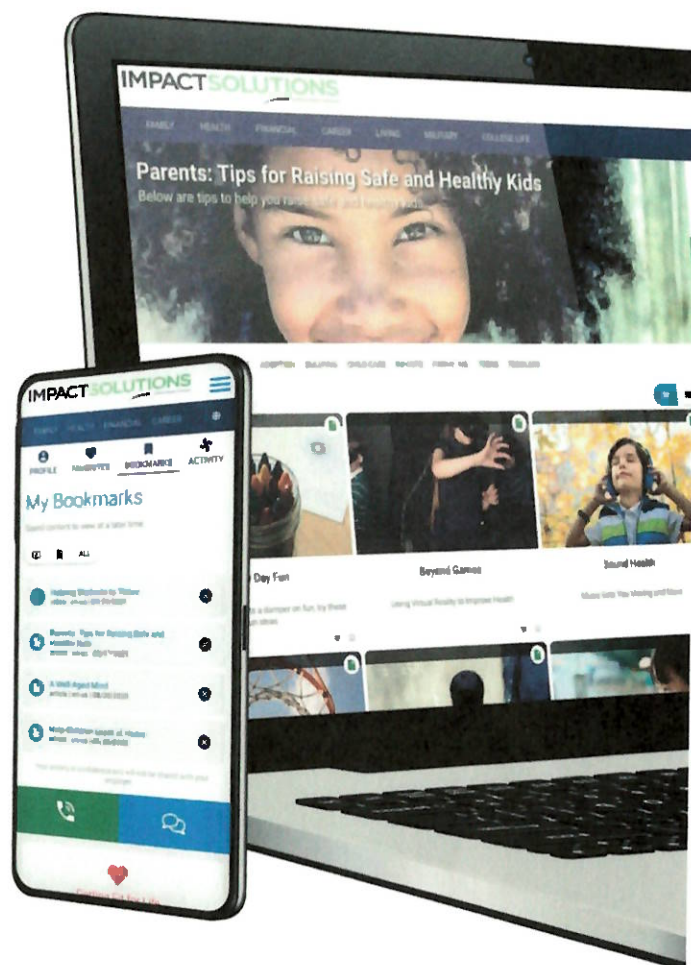
Sign up for the latest webinars and online training sessions

#### Exclusive Discounts

Save money on entertainment, gifts, travel and consumer goods

## Getting Started Is Easy

1. Visit your landing page, [www.MyImpactSolution.com](http://www.MyImpactSolution.com) and click on "Select Portal & App" in the top menu
2. Register to create a new account using your company code: **loraincs**
3. A confirmation email will be sent to complete the process



Contact IMPACT Solutions  
Call: **800-227-6007**  
Visit: [www.MyImpactSolution.com](http://www.MyImpactSolution.com)  
Code: **loraincs**

**IMPACT SOLUTIONS**  
An AllOne Health Company