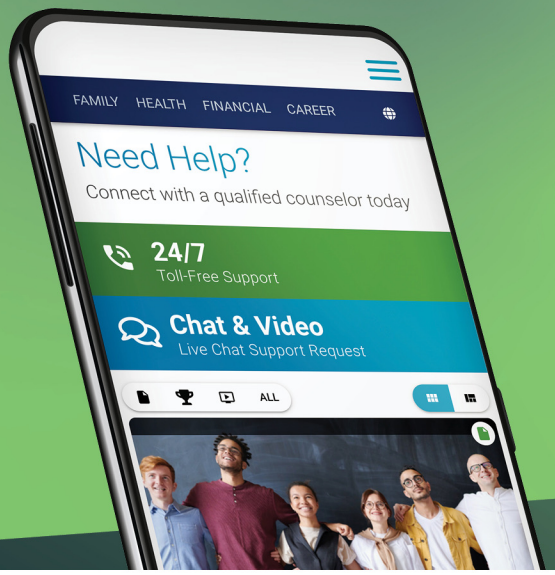



# Introducing Your **Member Portal**

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.

**Request a Mental Health Session**
Request counseling by submitting an online form or live chat. Choose from in-person or virtual counseling options to meet your needs.

**Request Referrals & Resources**
Submit a request for family care and lifestyle support including childcare and eldercare referrals, legal referrals and financial consultation, personal assistant referrals and medical advocacy consultation.

**Explore Thousands of Self-Care Articles & Resources**
Health and lifestyle assessments, interactive checklists, soft skills courses, podcasts, resource locators, exclusive discounts, and expansive articles on whole health and well-being.

**Visit Your Online Financial Center**
Featuring worksheets, calculators, and a wide range of financial resources and tools to help reach personal goals and build financial wellness.




## Getting Started Is Easy

1. Visit perspectivesltd.com/login and click on "Sign Up" below the login form
2. Enter your email address and the company code "**OAK503**"
3. For login assistance, select "Email Support"

** You can always call to access services, without needing to create an account or log in to the portal.*

**Contact Perspectives**
Call: 800-456-6327
Visit: perspectivesltd.com/login

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