



**Making Life Easier**



# A new personalized experience

You and your family have 24/7/365 access to Making Life Easier for emotional support, work-life balance and guidance with financial, legal or family concerns. Now, connecting to care is more seamless and personalized than ever, whether you want to explore resources or talk with a counselor.



## What's new?

We're excited to introduce a refreshed web platform and mobile app with enhanced features that make it easier to access support whenever it's needed, wherever it's most convenient for you.

### Welcoming experience



Explore a custom dashboard that highlights recommended resources and benefits tailored to your needs.

### Seamless care access



Use the scheduling tool to connect with licensed clinicians, care teams or peer groups through in-person sessions, video or text messages.

### Mental health check-ins



Complete quick, expert-developed assessments that guide and support your mental health and wellbeing.



### Guided paths

Access step-by-step programs on topics such as easing anxiety, building resilience and more with support at every stage of your mental health journey.

### Mood tracking



Note your emotions, reflect through written exercises and receive content suggestions based on your unique needs.

### Mindful practices



Discover helpful breathing and grounding tools anytime, with adjustable pacing and visual or audio guidance.

### Smart notifications



Stay connected with customizable alerts for appointments, progress tracking and timely updates on current events.

These enhancements are now live on your platform.

**Log in today to take the next step in your wellbeing journey**

kcmakinglifeeasier.com | group code: kingcounty

1-888-874-7290

