



New Website Debut!

Your EAP has a new website with improved Work/Life resources! There are thousands of new resources available to you and your family:

WHAT'S NEW

Online Trainings and Webinars On-Demand
(Leadership, Communication, Wellness, Relationships, Drug Free Workplace, Personal Growth, & more!)

My Whole Health – Online Wellbeing Portal

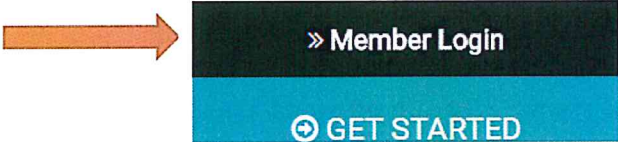
Self-Quizzes and Assessments
(Mental Health Screenings, Diabetes, Fitness, Resilience, & more!)

Financial Resources
(Calculators, Budgeting Tools, Worksheets, Webinars)

Legal Forms and Templates

Donegal covered employees may access the resources by doing the following:

1. Go to www.mseap.com
2. Click on "Member Login" at the top right



3. Enter your code (**DSD**) in the box on the right under "Access Code." This will be your "password" to access the Work/Life resources portion of the website.

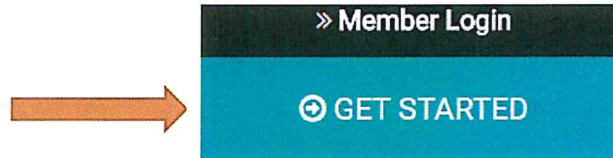


4. For certain features of Work/Life, you will be asked to create an individual account.

Frequently Asked Questions

○ **I am an employee wanting counseling services. How do I submit an online request form?**

- Visit www.mseap.com
- Click "Get Started" in the top right hand corner of your screen.



- Fill out the form with your information. A Client Solutions Specialist will be in contact with you shortly.

○ **Do I have to make an individual account?**

- Creating an individual account is voluntary, and is only needed to access certain features of Work/Life.

○ **Is the website confidential?**

- Yes! We only count the total number of "DSD" logins to the site. All DSD employees have this same access code.



○ **What is my EAP benefit?**

- DSD offers up to 3 sessions per person attending counseling in addition to other resource referrals. To learn more about what the Employee Assistance Program provides, please visit "For Employees" on the top right of the home page, call us, or email us!

If you have any other questions, contact us:

1-800-543-5080 or info@mseap.com