

# LifePilot Life Assistance Services With You at All Times



## With LifePilot you can:

- Chat instantly with an EAP Counselor
- View your EAP services
- Take and Store Assessments
- Access Articles and Resources
- Store and organize benefit ID Cards
- Access Cascade's Social Media
- View the Interactive Mobile site (Cascade Personal Advantage)

## LifePilot Assessment

### Not sure if the EAP would be useful to you?

Take the LifePilot Assessment to find out. Answer a few quick questions and the LifePilot will gauge any personal or work related concerns you may be experiencing.

LifePilot then suggests customized EAP services based on your results and allows you to instantly connect to Cascade EAP to get you started on improving your quality of life.

### Download the EAP LifePilot App:



[Search Cascade EAP](#)

