



Resources *for* Living®

Personalize your member website

Your member website can be all about what you're all about. It's easy to create your own account and personalize your homepage.

Choose topics that are important to you so we can share more resources of interest. We can help with managing stress and anxiety, parenting, emotional support and more.

Log on to your member website to create an account. Personalization can help you get the most out of your member website.

Create your own account and personalize your member website today.

This e-mail was brought to you by Resources For Living.



Personal login & personalization

Resources *for* Living®

Homepage

From the homepage, members will find information and a link to create their personal account.

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Create your personal account



You can set up a personal account to easily find information that matches your interests. From managing stress and anxiety to childcare and more, you'll get articles, videos and other tools added to the homepage to quickly find the resources you need.

Create your personal account

Login with a personal account

Personal account registration

The link to creating a personal account will take a member to the registration page.

The registration page will gather basic contact information and email address that will be used as the member's personal login ID.

New User Registration

* Marked fields are required

Please enter the information below.

First name *

Last name *

Email address *

?

Your email address serves as your username. We also need your email address in case you lose your password and need to reset it.

Password *

?

Passwords must contain between 6 and 20 characters with at least 1 number and 1 letter.

Date of birth *

Month ▼

Day ▼

Year ▼

?

Your date of birth will help customize your site experience.

Zip code *

Phone number

Gender

- Male
- Female
- Non-Binary
- Prefer not to answer

Relationship to primary member *

- Self
- Spouse/Partner
- Child
- Parent/Legal Guardian
- Household member: extended family
- Household member: non family

☐

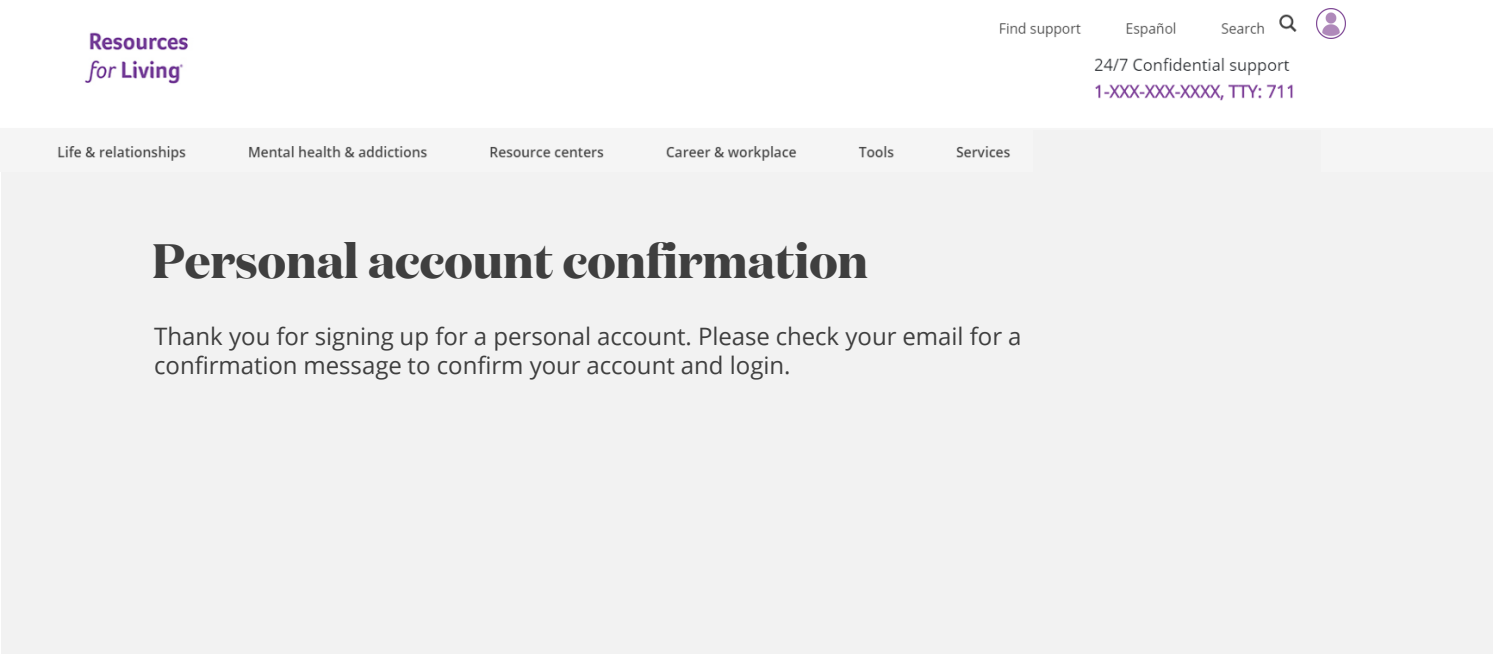
I agree to the [Terms of Use & Privacy Policy](#)

Submit

Cancel

Personal account confirmation

Once the registration form is submitted members will see the confirmation page with instructions to check their email to confirm and login.



Personal login

The email login link will take them to a personal account login screen.

Login to your personal account

Email

Password



Secure Log In

[Forgot password?](#) | [Login tips](#)

Personalization

Once a member logs in they can then click on Personalize my page to select topics of interest to add to their homepage.

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Your topics of interest



Select the topics that matter to you – like parenting, stress, relationships and more – and we'll personalize your homepage just for you.

Personalize my page

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Selecting topics

Members can choose to turn personalization on or off at any time.

They can choose to up to 6 topics of interest at a time.

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Personalize your page

Your interests and needs may change with the different stages of life. We want to make it easy to find what you're looking for.



Your interests and needs may change with the different stages of life. We want to make it easy to find what you're looking for.

You can choose to turn on your personal content at anytime. Once you turn on personalization, you'll find articles of your topics of interest easy to find right on the homepage.

Turn on personalization for your account?

Yes

☒

No

Select up to six topics that interest you most.

☒ Loneliness & isolation

☒ Stress

☒ Burnout

☐ Anxiety & Worry

☐ Depression & Sadness

☐ Suicide prevention

☐ Alcohol & Drug use

☒ Grief & loss

☐ Relationships

☐ Wellbeing & resilience

☒ Parenting

☐ Childcare

☐ Eldercare

☐ Financial planning

☐ Legal concerns

Save my personal topics

Personalization

Once they click save that will take them back to the homepage where their topics of interest will be displayed.

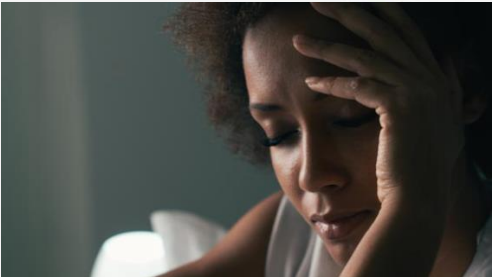
View additional resources will go to the personal topics page providing additional resources on those topics.

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Your topics of interest




Depression: Tips for recovery >




Breaking up is hard to do >




Guide for understanding and preventing suicide>



Podcast: Parenting teens >



Video: Alcohol treatment options >



Burnout >

View additional resources >

Personalization

The list of resources, or “Your topics of interest” page will highlight additional resources from your topics of interest.

It will also include a link back to the personalization form to make updates at anytime.

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Your topics of interest

Your interests and needs may change with the different stages of life. Find articles, videos, webinars, podcasts and more on the topics you've personalized for wherever you are in life.

Have a recent change or interested in a new topic?

Visit the personalization form to update your topics of interest here >






Depression

Depression: Strategies for managing moods >

Depression: More than the blues (video) >

Depression assessment >

Understanding postpartum depression (webinar) >



Parenting

Building self-esteem in your children >

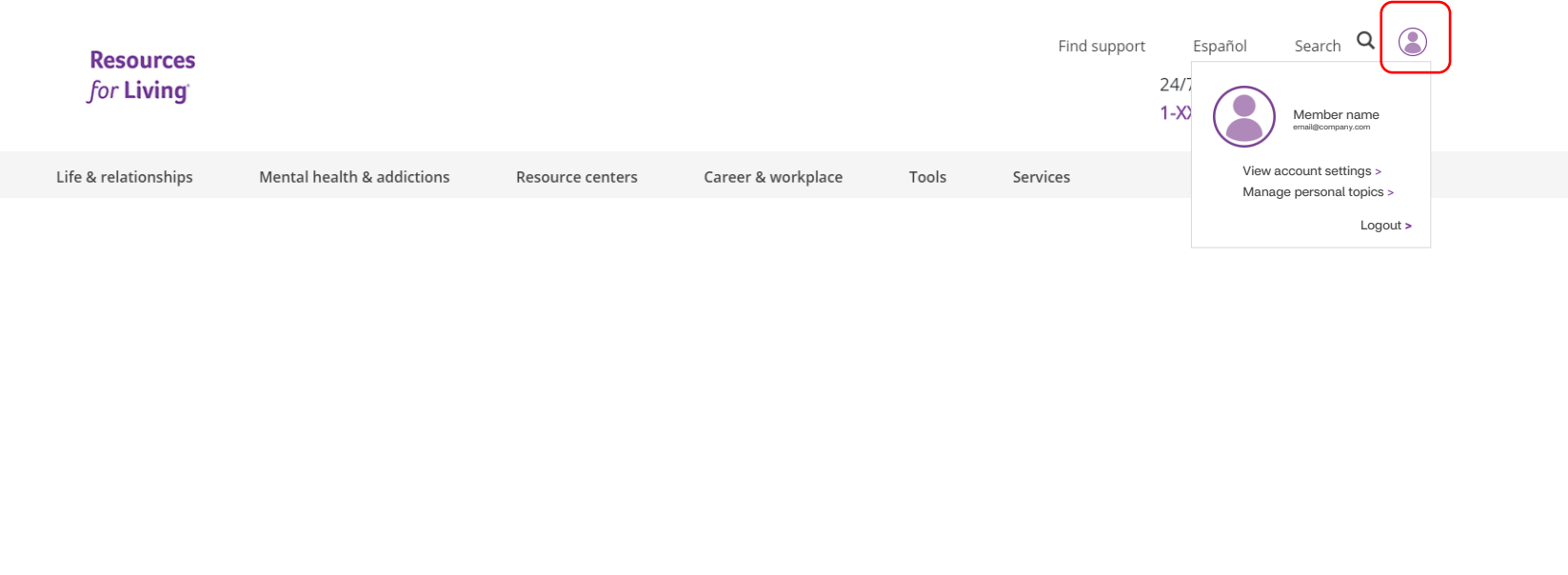
Parenting teens (podcast) >

Forget the Brady Bunch: The truth about blended families (webinar) >

Helping kids manage their anger (video) >

Personal account profile

A member can change their personal profile settings at anytime by clicking on the Personal account icon and from the info drop down that appears, select “View account settings”. They can also select “Manage personal topics” to edit those, or “Logout” to logout.



Your personal account

Profile settings

First name *

John

Last name *

Smith

Email address *

john.smith@company.com

Password *

Date of birth *

10/21/1978

Zip code *

75065

Phone number

123-456-7890

Gender

Male

Relationship to primary member *

Self

Edit settings

Change password