

Please Check Your Email Address in MyResource®!

We send out important updates that you don't want to miss! Updating your email is easily done under your profile in your employee portal, MyResource. [Log in here.](#)

I want to...

See my Paycheck

See my W2

Update my Profile



Welcome to 2016!

January gives us all a fresh start, and many of us will use this time to improve ourselves from the outside in. But, as you may have found the past few weeks, health and wellness resolutions are hard to keep without help!

Did you know that as an employee of an ADP Resource client, you have access to tools like health and nutrition tips, plus training from wellness experts? You can easily access these by logging in to MyResource, your employee portal, [right here.](#)

To log in for the first time, you will need your registration code, which you can get from the Employee Service Center at (800) 416-6131 or your company administrator.

Popular Self-Development Webinars

You may want to start with these virtual trainings, which have helped many professionals such as yourself kick off their new year just right!

■ Increasing Your Emotional Intelligence

■ Time Management: Getting Out from Under the Avalanche of To Do's

■ Stress Management

You will find them in [MyResource](#)--use the "Attend a Training" option under "I want to..." on the top right.



ADP Discounts Powered by LifeMart

Gym memberships, fitness equipment, family care--the cost of health and fitness can add up fast.

It's a good thing you have access to exclusively low price tags for all of these and more! January is the perfect time to take advantage of wellness-related discounts.

You have access to these savings through ADP Discounts, powered by LifeMartSM. Find them in [MyResource](#) through the ADP Discounts banner on the bottom right.



Take advantage of the fresh start January gives you and all of these tools at your disposal! Log in to your [MyResource](#) employee portal now and explore your options.

[Log In](#)

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