



WORK/LIFE BENEFITS CAN MAKE LIFE EASIER

Your employer recognizes the challenges of balancing work with the circumstances of everyday life. That's why you and your family have access to assistance provided by your employee support program.

When you call the toll-free number, a qualified consultant will respond to your request thoroughly and promptly. And when you access the employee assistance website, you'll find an abundance of useful resources, articles, locators, links and interactive tools.

SERVICE OVERVIEW

- a complementary component to other employee benefits
- provides professional consultation and referral to help with a wide spectrum of work, family and personal issues
- accessed by phone, e-mail or website
- available any time, any day
- always confidential
- no cost to you or your family to use the service

SERVICES

Help is available for these issues:

Child care

- choosing child care
- summer/holiday care
- special needs child care
- community resources

Adult care

- care for older adults
- special needs adult care
- navigating Medicare and Medicaid services
- caregiver support

Parenting

- adoption
- pregnancy and infertility information
- talking to teenagers

Education

- K-12 information
- information on colleges and universities
- financing
- GED/vocational
- tutors and test preparation

Daily living

- travel and recreation
- dining and entertainment
- consumer issues
- pet care
- community resources
- health and wellness

Career

- skill building and career training
- stress management
- co-worker relationships
- transition and relocation

STAFFED BY PROFESSIONALS

The service is staffed by a team of highly trained and qualified professionals who are experts in fields such as well-being, family matters, relationships and employment issues. You can be confident that the information you receive is accurate, up-to-date and relevant to your particular circumstances.

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