

HOW DO YOU BALANCE WORK AND LIFE?

ACHIEVING BALANCE

Your Employee Assistance Program (EAP) offers work/life services at no cost to you and your family members.

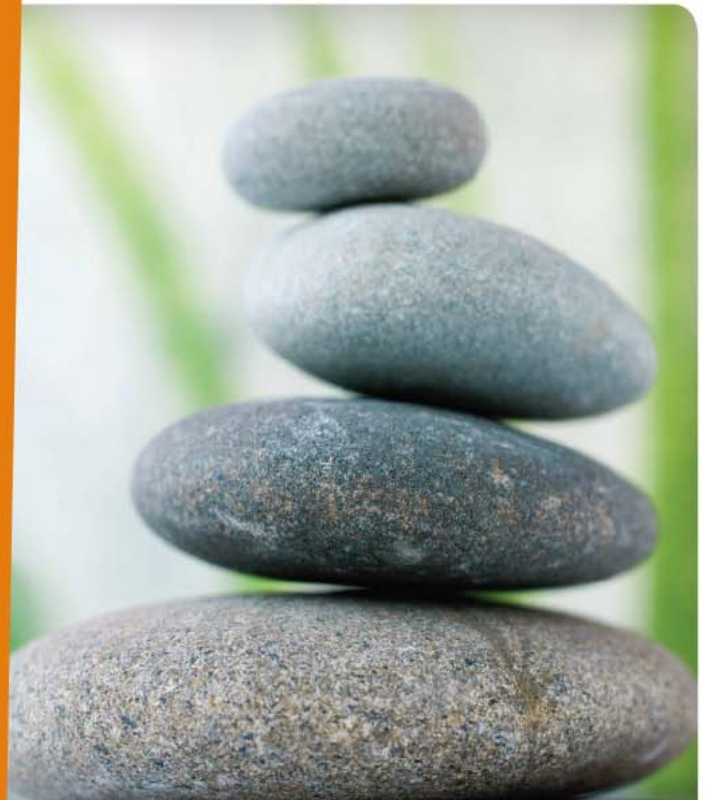
FEATURES INCLUDE:

- Toll-free 24/7 access to a qualified work-life consultant
- Live assistance locating resources and referrals per your request
- Information-rich website loaded with content and tools for managing work, personal, and everyday issues
- Support for you, as well as those in your family and/or household
- Follow-up to be sure that the assistance met your complete satisfaction

REFERRAL SERVICES:

- Child care, elder care, and family support
- Daily living, emergency resources and convenience services
- Providers, specialists, and resources to meet specific work, life, or caregiving needs

EMPLOYEE ASSISTANCE PROGRAM



OVER THE PHONE

CALL 1-800-662-7241

24 hours a day,
7 days a week

LOG-ON to Achieve Solutions to access articles, tips, links, quizzes and tools.

www.myachieve.com



Always available. Always confidential.