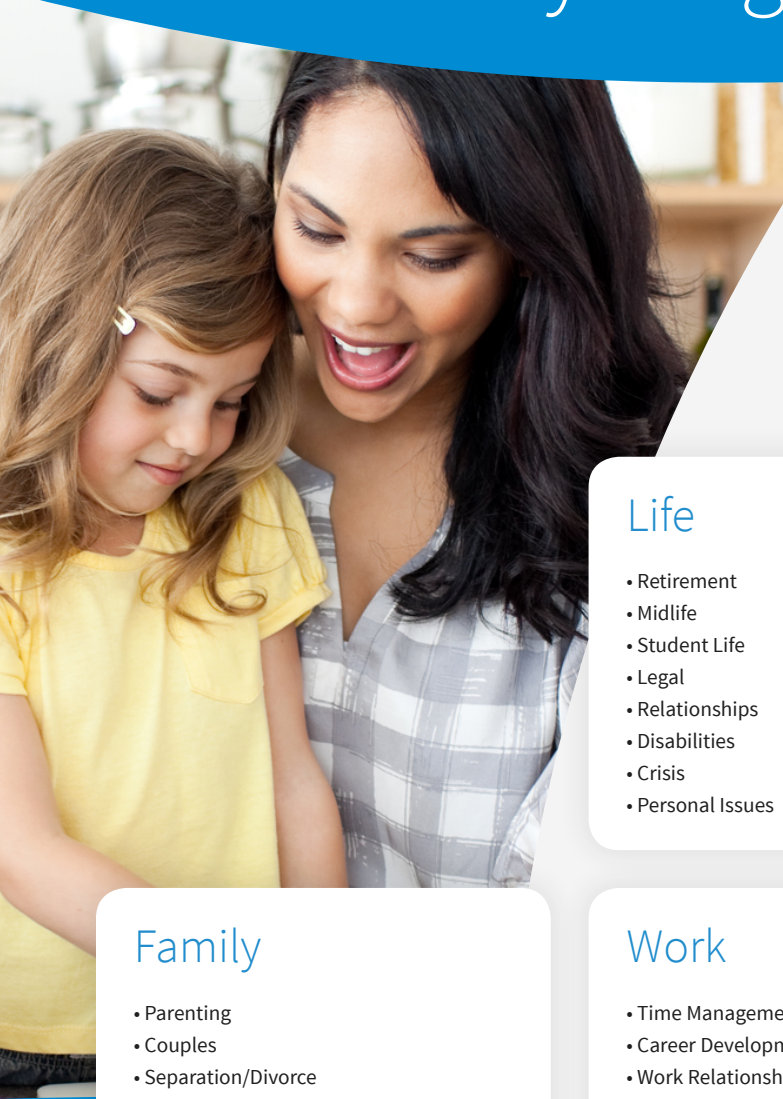


# LifeWorks

## Expert Help with Life, Work and Everything in Between.



LifeWorks is a service designed to help you with all of life's questions, issues, or concerns. Through LifeWorks, you have access to a range of services including helpful resources across a wealth of online content and tools and a toll free phone number. LifeWorks is available 24 hours a day, and is provided at no cost to you.

### Life

- Retirement
- Midlife
- Student Life
- Legal
- Relationships
- Disabilities
- Crisis
- Personal Issues

### Health

- Mental Health
- Addictions
- Fitness
- Managing Stress
- Nutrition
- Sleep
- Alternative Health

### Family

- Parenting
- Couples
- Separation/Divorce
- Older Relatives
- Adoption
- Death/Loss
- Childcare
- Education

### Work

- Time Management
- Career Development
- Work Relationships
- Work Stress
- Managing People
- Shift Work
- Coping with Change
- Communication

### Money

- Saving
- Investing
- Budgeting
- Managing Debt
- Home Buying
- Renting
- Estate Planning
- Bankruptcy

Contact LifeWorks toll-free for 24/7 support:

TTY

Visit us online:

User ID:

Password: