



To Access Services call:
866-831-2181

- Arrange for a confidential visit with a professional EAP counselor
- Request a telephonic work/life consultation
- Receive assistance with on-line resources

Crisis services available 24 hours a day, 7 days a week.

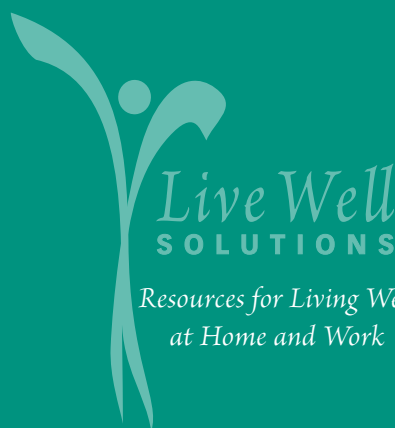
On-line Resources

Employees and their household members can visit the Live Well Solutions web site and access articles, self-help questionnaires, interactive tools and additional resources in key work/life areas.

- **Live Connect** – Connect to a child or elder care expert via instant messaging
- **Learning Center** – 350 interactive self-assessments, personal plans, audio advice & articles
- **Resource Library** – More than 3,000 articles and interactive tools & links
- **Financial & Daily Living Calculators**
- **Health Tools** – Audio, video clips, and articles
- **Skill Builders** – 100+ training modules
- **On-Line Seminars**
- **Savings Center** – Free membership and savings of up to 25% on name-brands
- **Assisted Search** – Experts will research and match available resources to your needs
- **Relocation Center** – Research communities and neighborhoods before moving

Go to: livewellworklife.com
Select: On-line Living Well Resources

Employee Assistance Program



*Resources for Living Well
at Home and Work*



Live Well!

Living Well means we must attend to our emotional as well as our physical health. Personal and career related concerns can get in the way of maintaining a healthy and balanced life.

Your employer, in partnership with Live Well Solutions, provides you and your household members with resources to assist in dealing with personal or workplace concerns affecting your life. Services available to you include:

- **Employee Assistance Program (EAP)**
face-to-face counseling
- **24-Hour crisis hotline**
- **Telephonic work/life resources**
- **On-line resources**

Live Well services are available to all eligible employees and household members. All contact is kept completely confidential. Your employer, health plan or medical provider will not be made aware of individuals using these services.

Employee Assistance Program

The EAP provides professional, confidential counseling to assist you find solutions to the stressors of your busy life. Local EAP counselors are available to discuss any issue that causes you concern. Some of these issues may include:

- **Stress & Anxiety**
- **Marital/Relationship**
- **Family**
- **Alcohol & Substance Abuse**
- **Grief & Loss**
- **Parenting**
- **Workplace concerns**
- **Anger**

Assessment, short-term counseling and referral to community based resources are included as part of your EAP. These valuable resources are provided by your EAP at no out-of-pocket cost to you, your dependents and household members.

The Employee Assistance Program is an excellent first point of contact for all counseling needs, no matter what the concern.

Work/Life Consultations

Employees and their household members may request assistance in the following areas dealing with common work/life concerns:

- **Financial/Legal** – Referrals to local professionals available to assist with:
 - **Personal financial planning**
 - **Debt counseling**
 - **Tax consultation**
 - **Real estate**
 - **Wills**
 - **Divorce/child custody**

30 minute consultation provided at no cost; 25% reduction in fees thereafter

- **Child/Elder Care** – Telephonic & on-line resources are available to assist with:
 - **Prenatal preparation**
 - **Adoption**
 - **Parenting skills**
 - **Child care**
 - **Education**
 - **After school programs**
 - **Specialty camps**
 - **Retirement planning**
 - **Adult retirement communities**
 - **Assisted living services**
 - **Adult day care/Alzheimer's**
 - **Volunteer/education/career**

Work/life consultations focus on providing information and referrals so that you can focus on family and work responsibilities. All consultations are confidential.

