

# 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 consultant will respond to your request thoroughly and promptly. And when you access the employee assistance website, you'll find resources, articles, locators, links, and interactive tools.

## SERVICE OVERVIEW

- A complementary component to other employee benefits
- Provides professional consultation and referral to help with work, family, and personal issues
- Accessed by phone, email, or website
- Available any time, any day
- Always confidential
- No cost to you or your family to use the service

## SERVICES

### **Child care**

- Choosing child care
- Summer/holiday care
- Special needs child care
- State child care regulations

### **Parenting**

- Family planning including infertility and adoption information
- Pregnancy care
- Improving sibling relationships
- Single parenting and blended families

### **Education**

- Preschool options
- K-12 information
- GED/vocational
- Continuing education information

- Learning disabilities
- Tutors and test preparation
- Education financing

### **Adult care**

- Care for older adults including home care, assisted living, and nursing homes
- Special needs adult care
- Home safety
- Navigating Medicare and Medicaid services
- Hospice information
- Transportation services
- Paying for care
- Caregiver support

### **Daily living**

- Travel and recreation
- Dining and entertainment
- Consumer issues
- Pet care
- Housing locator services
- Home improvement services
- Automotive services
- Snow removal services
- Relocation help
- Health and wellness

### **Career**

- Skill building and career training
- Interviewing techniques
- Stress management
- Co-worker relationships
- Improving work habits
- Transition and relocation

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