

# Welcome to LifeWorks



Feel supported and connected with a confidential Employee Assistance Program and innovative well-being resource.

Life can be complicated. Get help with all of life's questions, issues and concerns with LifeWorks. Any time, 24/7, 365 days a year.

Download the app now, just search for "LifeWorks"



LifeWorks offers support with mental, financial, physical and emotional well-being.

Whether you have questions about handling stress at work and home, parenting and child care, managing money, or health issues, you can turn to LifeWorks for a confidential service that you can trust.

Life	Family	Health	Work	Money
<ul style="list-style-type: none"><li>Retirement</li><li>Midlife</li><li>Student life</li><li>Legal</li><li>Relationships</li><li>Disabilities</li><li>Crisis</li><li>Personal issues</li></ul>	<ul style="list-style-type: none"><li>Parenting</li><li>Couples</li><li>Separation/divorce</li><li>Older relatives</li><li>Adoption</li><li>Death/loss</li><li>Child care</li><li>Education</li></ul>	<ul style="list-style-type: none"><li>Mental health</li><li>Addictions</li><li>Fitness</li><li>Managing stress</li><li>Nutrition</li><li>Sleep</li><li>Smoking cessation</li><li>Alternative health</li></ul>	<ul style="list-style-type: none"><li>Time management</li><li>Career development</li><li>Work relationships</li><li>Work stress</li><li>Managing people</li><li>Shift work</li><li>Coping with change</li><li>Communication</li></ul>	<ul style="list-style-type: none"><li>Saving</li><li>Investing</li><li>Budgeting</li><li>Managing debt</li><li>Home buying</li><li>Renting</li><li>Estate planning</li><li>Bankruptcy</li></ul>

Contact us any time you need help with any of life's concerns.

Call us:

Llámanos:

TTY:

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Call us:

Llámanos:

TTY:

Online:

User ID:

Password:

