

WorkLife Services

Save time. Enjoy life. One quick call. Hundreds of real-world solutions.



Work, children, friends, family — it all adds up to lack of time, and sometimes overwhelming stress.

Let us do your legwork.

We can provide you and your loved ones with information and referrals for many of your personal needs. Just call. We'll do the research and provide a list of service options in your area, or wherever you need them.

Look to us for information on a variety of services, including:

- **Household services.** Plumbers who work evenings, housekeepers, carpenters, dry cleaners, auto repair shops, electricians, landscapers
- **Shopping.** Clothing, antiques, sporting goods, specialty stores, shopping services for the elderly or disabled
- **Entertainment.** Theater tickets, golf, travel arrangements, kid-friendly restaurants, nightclubs, horseback riding, concerts, skydiving lessons
- **Health and wellness.** Fitness centers, urgent care clinics, all-night pharmacies
- **Personal services.** Apartment brokers, caterers, tailors, translators, dog walkers

When times are tough, WorkLife Services can help, with referrals including:

- **Adult/Elder Support Services.** For people who are aging or caring for adult and elder dependents, including caregiving, housing, transportation, meal services, senior activity groups
- **Child/Parenting Support Services.** Answers to parenting questions, resources for daycare, summer camps, adoption, sick-child care
- **Chronic Condition Support.** Non-medical support and resources for employees and dependents who have a condition like diabetes, arthritis or asthma

Our referrals are reliable.

Our Resource specialists conduct searches using our extensive database and make phone calls to find options that meet your needs. You'll get up-to-date details — including what services are offered, how much they cost, professional credentials and contact information — by telephone, fax or email. What might have taken you hours takes just one call!

More than 100 Ways to Help You Manage Your Life

WorkLife Services help you navigate through life's little (and big) issues. Our experts can locate the information, resources or referrals that help to streamline your life. Let us do your legwork.

Help Is a Phone Call Away!

Simply call the toll-free number included on this flyer or log on to www.liveandworkwell.com and enter your access code. All calls and use of services are confidential in accordance with applicable law. Contact us today.

Please note: While WorkLife Services and all referrals are included as part of your benefits, you will have to pay for any WorkLife Services you decide to use. Our specialists cannot book or purchase services on your behalf. This is an educational referral-based service only. Certain services may not be available in some benefit plans. Consult your benefit plan to know what is available.

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More than 100 Ways to Help You Manage Your Life!

Here is a sample of the services available to you. Call today and receive personalized consultation and referrals in the following areas.

CONVENIENCE SERVICES

Business Travel
Health and Well-Being
Home Improvements
Household Services
Yard and Lawn Care
Shopping
Entertainment
Dining
Nightlife
Recreation
Pet Services
Travel
Repair: auto, home
Relocation
Personal services: massage, spa services, acupuncture, etc.

CHILD, FAMILY AND PARENTING SUPPORT SERVICES

Adoption
At-Risk Pregnancy Support
Before and After School Programs
Certified Nurse Midwives
Childbirth Issues
Childcare Options
Child Development
Cooperative Preschools
Dad's Groups
Day/Residential Camps
Doula Services
Emergency/Sick-Child Care
Extended Day Programs
Help with Parenting Questions
Home Alone Services
Infertility Resources
Newborn Issues
New Parent Support Groups
Parent/Child Interactive Classes
Parent Education Classes
Postpartum Depression Support
Prenatal Services
Preschools
Recreational Activities
Sibling Support
Special Needs Care

State and Federal Government Nutrition and Health Programs for At-Risk and Low Income Parents
State Subsidy Programs
Step-Family Support Groups
Summer Camps and Activities
Summer Childcare
Teen Parent Assistance Program
Transportation Services
Community Programs for Teens

EDUCATIONAL RESOURCES (from kindergarten through adult)

Adult Education Classes
Alternative Educational Programs
College Solutions
Career Consulting
Community College Programs
Early Childhood Curriculums
Early Intervention Programs
Educational Advocacy Groups
Enrichment Classes
Home Schooling
Individual Educational Plan
International Study
Kindergartens
Nursery Schools
Private School Resources
Residential Schools
Schools/Programs for At-Risk Youth
Special Needs Programs
Sports and Recreation Programs
Technical Schools

ADULT AND ELDERCARE SUPPORT SERVICES

Adult Day Care Programs
Alzheimer's and Related Disorders Case Management
Community Resources and Programs
Disaster Support
Elder Abuse
Elder Law Attorneys
Financial Issues
Government Programs
Grief/Loss

Health and Older Adults
Home/Health Assessment
Homemaker Service
Housing Options
In-Home/Nursing Care Options
Legal Issues
Meals on Wheels
Ombudsman
Recreation/Social Programs
Retirement Planning
Skilled Nursing Facility Information
Travel
Volunteer Opportunities

CHRONIC ILLNESSES AND CONDITIONS SUPPORT SERVICES

Advocacy
Affordable Housing
Assistive Technology
Caregiving
Condition-Specific Support
Food Service and Nutrition Help Lines
Living with a Disability
Remodeling for Accessibility
Respite Services
Transportation
Travel/Special Needs
Work Issues

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

(888) 444-8624

TDD/TTY Dial 711 and enter the number above.

or log on to

www.liveandworkwell.com

access code: CSEBO