

LifeSolutions

Confidential support at no cost to you



You and the members of your household can rely on LifeSolutions for a helping hand.

Tackle on-the-job or at-home issues with a trained professional

- 24/7 support via phone or online programs
- Up to 6 free, confidential counseling sessions (per issue) around the following topics and more:
 - Alcohol or drug use (your own or a loved one’s)
 - Work-life balance
 - Anxiety and depression
 - Healthy lifestyle changes

Free LifeSolutions services

- Daily living support
- Child and elder care searches
- Legal and financial service referrals
- Community resource recommendations

1-800-647-3327 (TTY: 711)
www.lifesolutionsforyou.com
Company code: SSA

Nondiscrimination statement
UPMC Health Plan, on behalf of itself and its affiliates, complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, creed, religious affiliation, ancestry, sex, gender, gender identity or expression, or sexual orientation.

Translation services
ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-855-869-7228 (TTY: 711).
注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-855-869-7228（TTY：711）。