

WORK/LIFE BALANCE

Work/life balance is the key to living a happier healthier life.



Definition:

Work/life balance is a concept including proper prioritizing between "work" (career and ambition) and "lifestyle" (health, pleasure, leisure, family and spiritual development or meditation).

Navigating the practical challenges of life, while handling the demands of your job can be stressful and finding the right work/life balance is key to living a happier healthier life.

Profile EAP in partnership with Life Expert's Work/life Services can deliver unique, comprehensive services that help employees balance their work and personal obligations.

Life Expert offers a robust website and professionally staffed call center 24 hours a day, 7 days a week, 365 days a year to give you the knowledge, assistance, and resources to address you and your family's unique personal and professional needs.

WORK/LIFE RESOURCES:

Life Expert's work/life resources are designed to provide knowledgeable consultation and customized guidance to assist with gaining resolution to everyday hurdles, including:

- Childcare and camp
- Eldercare services, Housing & Transportation
- Adoption
- Education & College
- Everyday living resources & support
- Career
- Pet care & services
- Special needs
- Community resources & support

FINANCIAL:

Our Financial Assistance connects individuals with certified financial planners, certified public accountants, and credit counselors based on their needs.

Financial assistance provides help with a variety of needs, including:

- Budget Coaching
- Debt Management
- Mortgage and Foreclosure Counseling
- Bankruptcy Education
- Financial Literacy Topics
- Credit Reports and Credit Scoring
- Identity Theft
- Retirement Planning and more.....

LEGAL:

Our legal assistance connects individuals with a qualified attorney for a FREE 30-minute consultation. Assistance is available for a variety of needs, including:

- Civil/Consumer Issues
- Criminal Matters
- Estate Planning Law
- Financial Matters
- Immigration & Naturalization
- IRS Matters
- Personal/Family Legal Services
- Real Estate, and more.....

NOTE: Legal assistance cannot be used for employer related issues.

Additional Support:



WEB SOLUTIONS

You can also take advantage of our robust online family assistance resources found on our website to access articles, videos, financial calculators, and our Savings Center benefits.

To access the work/life benefits website visit www.ProfileEAP.org. or scan the QR code
Set up your personal account using your Company Code (available at your HR Department or by calling Profile EAP



For legal/financial services or to schedule an appointment call 1-800-645-6571.