



# Employee Assistance Program

## Help with everyday issues.

Your employer is offering you access to an Employee Assistance Program (EAP) to help you manage everyday issues from work-life balance to family concerns.

### Telephonic Life Coaching

- Three phone sessions with a master's level certified life coach
- Participant and coach work together to develop personalized plan to meet participant's life goals
- Assist participant in exploring and identifying personal strengths and solutions
- Examples of life coaching issues include personal goals, relationship issues, adjusting to situations, career planning, and handling the workplace

### 24/7 Resources

- Online and mobile app
- Access to legal library on more than 900 legal topics, including legal guides, forms, and an interactive will program
- Access to financial library with 40 interactive tools and assessments, including articles, podcasts, and CDs on financial health topics

- Access to work-life library addressing issues on parenting, child care, elder care, and workplace issues

### Work-Life Program

- Telephonic support for legal and financial issues
- Access to LifeWorks on-staff attorneys to discuss legal areas such as estate law, living wills/power of attorney, real estate law, family law, credit, and collections law
- Access and discount to network of 22,000 attorneys
- Access to LifeWorks on-staff financial counselors to discuss issues such as credit card debt, debt management, foreclosure, mortgage, budgeting, savings, and investing

*This program is delivered by LifeWorks.*

### For More Information

800-456-0018

[lifeworks.com](http://lifeworks.com)

User ID: afac

Password: lifeworks



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