



## Focus on You

WorkLife Solutions provides you with resources to make the most out of your day or help guide you through a difficult time

From simple questions like finding elder care resources in your area to more difficult issues like finding support after the loss of a loved one, WorkLife Solutions is there to help you when you need it most.

### Program Resources:

- **Concierge Services** – Personal assistance to help you research, schedule and deliver on things you need to get done so you can focus on what's most important to you.
- **Elder Care Services** - Senior care experts can help you with caregiving resources, community based services and legal issues. Care managers can provide in-person assessments and facility reviews.
- **Health & Wellness** - This program makes it easy to bring healthy habits into your busy life. Health coaches can help you make a fit plan. You can also set daily goals and track your progress through the program website, mobile app, integrate with fitness trackers and earn chances to win great prizes along the way!
- **Legal & Financial Services** - Attorneys and financial experts are available for a free 60 minute consultation on issues such as budgeting, debt consolidation, loans, mortgage assistance, retirement, saving for college and more.
- **Life Management Services** – Specialists are available to help you and your family members with a variety of topics including: prenatal care, adoption, child care and education resources.
- **Personal counseling** - Up to eight free and confidential counseling sessions are available to you and your family members.

Available to you and your family members at no cost, all services are confidential and accessible 24/7.



Call [1-800-234-1327](tel:1-800-234-1327)  
TTY Users 1-800-456-4006



Log on to [WorkLife Solutions Program](#)