

**HeretoHelp** ◆◆◆

- ◆ Caring for an ill spouse?
- ◆ Worried about your newborn as you prepare to return to work?
- ◆ Recovering from a major illness?
- ◆ Need help managing finances?

LEAVE *of* ABSENCE services

Whether you're on **Family Medical Leave, Short Term Disability, or Workers' Compensation**, LifeSolutions can provide valuable resources to assist you.

offeringsolutions

REFERRALS TO COMMUNITY RESOURCES

At no cost to you, LifeSolutions can find the appropriate resources for the many challenges faced during your time of leave. We can help with locating child care centers, quality care for a loved one, transportation services, and much more.

RETURN-TO-WORK COACHING

If you are feeling anxious about returning to work or need reassurance as to what you can expect, we can help you make a smooth transition back to your job.

DAILY LIVING CONCERNS

Worried about finances or legal matters, family or personal strain, child or elder care support? We can connect you with the appropriate experts, including stress management strategists, to guide you to a resolution.

AtNoCost

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There's no cost to you or your household members.

Use your company code:
to log in to your WorkLife Resource Portal.

UseYourBenefit

We answer 24/7. Call us at **1.800.647.3327** to request a consultation with one of our experts. You can also visit us at **www.lifesolutionsforyou.com** and search our WorkLife database of more than 100,000 resources.