



helping you find **balance**
no matter how much is on **your plate**

Emotional Well Being

LifeScope offers up to **three (3)** sessions of confidential face-to-face counseling for employees, their family members and household members. Call 24/7 for support with issues including:

- Relationship Difficulties
- Mental Health Concerns
- Life Cycle Events
- Grief and Loss
- Adjustment Issues
- Addiction
- Stress
- Work issues

Legal Consultation and Referrals

Call to be connected to a free, 30-minute consultation with an advice attorney for most legal matters, such as:

- Civil Lawsuits
- Real Estate Transactions
- Divorce/Custody
- Criminal Actions
- Contracts
- Immigration Issues
- Eldercare Tools (e.g., wills, healthcare proxies)

Note: Should your matter be more complex in nature, you will be referred to an attorney at a 25% discounted rate.

Financial Consultation and Referrals

Our financial professionals are available to provide free telephonic consultation on most financial issues, including:

- Credit/Debt Issues
- Budgeting
- Bankruptcy
- Identity Theft
- Tax Filing
- Estate/Retirement Planning

Health & Wellness Resources and Referrals

Receive information, resources and referrals to assist with health-related issues, such as:

- Walking/Fitness Programs
- Diet and Nutrition
- Smoking Cessation
- Stress Management
- Chronic Disease
- Referrals to Gyms/Health Clubs, Holistic Health Resources, and Support Groups

Family & Caregiving Resources and Referrals

From becoming a new parent to taking care of an aging relative to pet care needs, our specialists provide you with in-depth consultations, resources and referrals to help you make educated decisions. Common concerns include:

- New Parent Resources
- Special Needs Programs
- Educational Programs
- Childcare Services
- Prenatal/Fertility
- Adoption
- Eldercare Services
- Pet Care

Convenience Services

Referrals to local vendors and resources to assist with everyday tasks such as:

- Chore Services
- Moving and Relocation
- Electricians and Plumbers
- Event and Party Planners
- Consumer Comparisons
- Volunteer Opportunities
- Travel and Safety

Website

Log on to access articles, assessments, webinars, financial calculators, searchable databases, skill builders and more.

(800) 828-6025

www.LifeScopeEAP.com

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