

EMPLOYEE & FAMILY ASSISTANCE PROGRAM - LIFEWORKS®

Being together. It's what life is all about. And it's why we offer LifeWorks® – to help you manage your work and personal life so you can focus on what's important to you. LifeWorks is fast, easy to use and completely confidential. It's available to you and your immediate family at no cost to you. And best of all, it's there for you any time of the day or night, wherever you are.

Be empowered every day. A healthy balance between your work and personal life is important to us. LifeWorks can help you to lead a healthier, happier and more productive life.

LifeWorks can provide you with support, advice and information on a wide range of every day issues including:

- Parenting & child care
- Education
- Older adults
- Midlife & retirement
- Disability
- Financial
- Legal
- Everyday issues
- Work
- Managing people
- Health
- Emotional well-being
- Grief & loss
- Addiction & recovery

LifeWorks offers you:

- Free service to you and your immediate family
- Confidential, personal support available in more than 140 languages
- English and French counsellors available through a toll free number 24 hours a day, seven days a week, 365 days a year
- LifeWorks Online – an informative Web site that gives you direct access to required information and resources
- Abundance of resources and tools including booklets, recordings and Life Articles
- Referrals to resources, services and support in your community
- A commitment to always being there when you have a question or need help

To find out more about how LifeWorks can help, call to speak with a LifeWorks consultant anytime at 877-207-8833, or visit the LifeWorks Web site at www.lifeworks.com

(User ID: inconfidence; Password: efap)

LifeWorks is brought to you by your employer, at no cost to you. It's effective, confidential and easy to use. And best of all, it's here for you and your immediate family to use—any time of day, wherever you are. So get in touch with us today. We have consultants who speak French and offer simultaneous translation into more than 140 other languages. To access TTY/TDD lines, call 877-371-9978. Service disponible en français: 877-307-1080.