

We are here for you — online, any time.

Life can have good and bad days, and plenty of busy ones. Balancing your work, family and personal life is stressful enough but add in a major life event or the need to cope with a challenging emotional issue, and it can be overwhelming. Did you know you have help **and it just got better?** Make the most of your online employee assistance program (EAP). It offers resources for private and personal help in sorting out situations and getting the right resources.

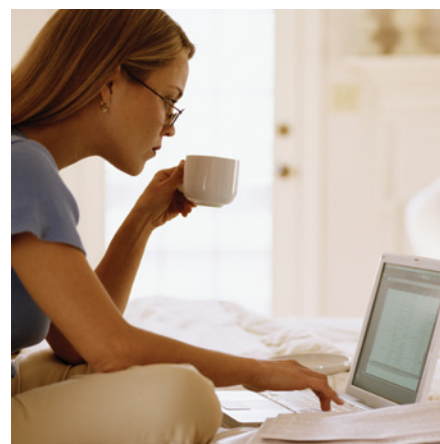
You and your family have access to the newly updated **liveandworkwell.com** portal as part of your benefit package. Available 24/7, the site is a private resource for you and your family to access professional care, self-help programs and information. And it's free. Find out about the new mobile apps we are introducing too.

Resources You Can Trust

Our clinicians and specialists have pulled together some of the top online resources in one handy place. Plus, we've created a set of time-saving tools. Chat and phone support are of course available if you want to talk.

Why use liveandworkwell.com?

- Visit the site if you're dealing with stress, depression, children with ADHD, parents with Alzheimer's disease, drinking or drug problems, loss of a loved one or other serious emotional/behavioral conditions. We empower you with information and support, so you can live life to the fullest. Learn more in the new *Be Well* section.
- Frustrated with a relationship, divorce, parenting, or financial, legal or work-related issues? We offer assistance and resources to solve short-term problems and help you discover your emotional resiliency for a stronger you. See the new *Live Well* or *Work Well* sections. You'll find helpful sources for child care, elder care, pet care, schools, community resources and more. Plus, get help with referrals for entertainment, travel, home and car maintenance, gift shopping and more.
- Are you expecting a major life event — birth, marriage, divorce, job change, relocation, retirement and more? Our online content and specialized databases provide guidance and easy-to-search resources or search for you and provide verified referrals. See the new *Live Well* section and *Quick Links Resource* page.



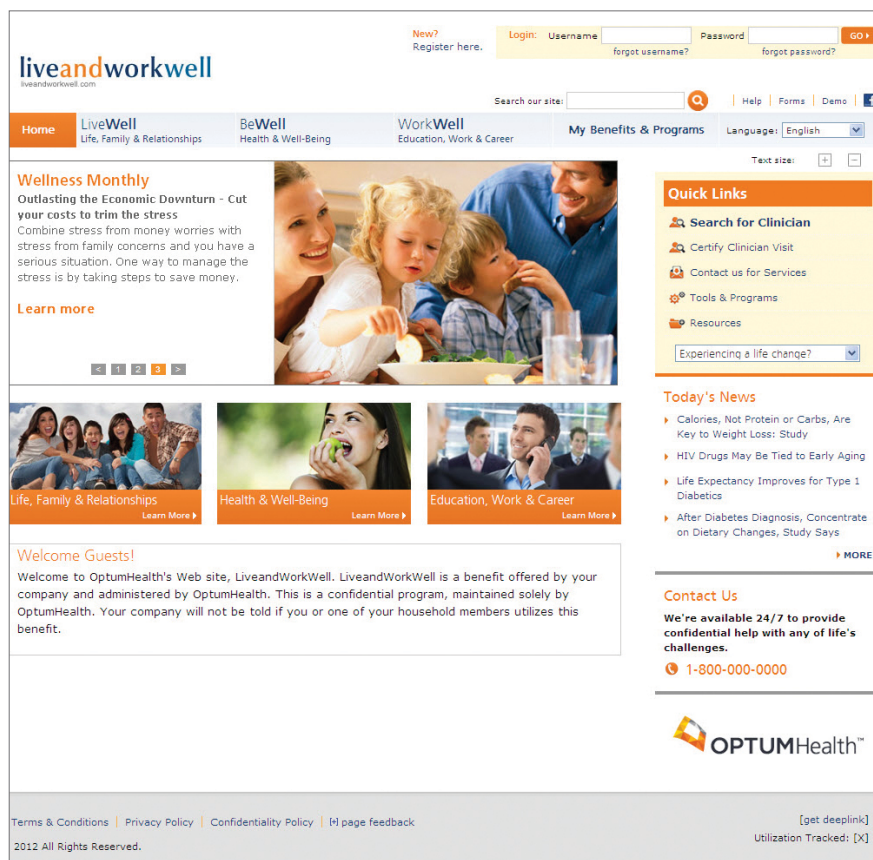
You Have Access To:

- Divorce Center
 - Depression Center
 - Caregiver Care Center
 - Financial Fitness Center
 - My Healthy Family
 - Self-Help Programs
 - Clinician Search
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- If you're using your EAP benefits to get professional help, use *Quick Links Clinician Search* to find a master's-level clinician you can talk to. And use the online certification tool to get authorization for your appointment. Use the free attorney or financial planner consultations and get discounts on continuing services. See the *Live Well Legal* or *Financial Fitness Centers*. Whether you want an EAP Specialist to help you sort out life or work situations or direct you to resources, you can call.
- Like to save money? In addition to giving you free access to convenient resources and no-cost therapy consultations, you can create an online Will or Advance Directive, download legal and financial forms, and much more.

Log On and See What's Waiting for You*

To visit our site, you may have a direct link from your health plan site or your benefits department, or you can simply go to **www.liveandworkwell.com**. You can create your own personal username and password to access all the site resources available to you. Or, you can enter anonymously with an access code provided by the organization that sponsors your benefits. Either way, your name and site use are not shared.



A New Look for liveandworkwell.com

Check out the new design for liveandworkwell.com. We've listened to our members and made a bunch of improvements for a more interesting, easy-to-use experience for you. Here's a glimpse of what's new:

- A rotating *Spotlight* area for new features
- *Today's News* newsfeed
- *Quick Links* for all the most popular tools and programs
- *Live Well, Be Well, Work Well* centers, serving as hubs for all of our resources by topic

Check It Out Today

If you like, share your access code with your family too, as there are age-appropriate resources for kids and teens.

(Click on the *Resources* link in the *Quick Links* box, then click on *My Healthy Family*.)

* Content varies according to benefit package.

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