



# Life Solutions EAP

Your Employee Assistance Program



## Sometimes, life gets messy

That's when you need Life Solutions EAP, a no-cost, confidential employee assistance program for you and members of your household.

### Our trained professionals will help you find resources to:

- Balance your work and home life.
- Deal with family and relationship concerns.
- Cope more successfully with anxiety, depression, or drug/alcohol issues.
- Make healthy lifestyle changes that last.
- Get legal and financial advice, and much more.

### Life Solutions services include:

- Coaching and counseling: confidential sessions - in person, by telephone or via video counseling.
- Referrals for child care and elder care.
- Help with daily living issues.
- Access to Beating the Blues US™, an online program to help manage stress and anxiety.
- 24/7 phone support if you need immediate help.
- Referrals for legal and financial services:
  - ✓ A free 30-minute legal consultation and up to a 25-percent reduction in attorney fees after the consultation.

- ✓ A free 30-minute consultation with a financial professional.
- Access to our Work-Life portal\* featuring:
  - ✓ Skill builder courses and monthly webinars.
  - ✓ Downloadable legal forms, such as wills and powers of attorney.
  - ✓ Financial calculators to help you create a budget.
  - ✓ A savings center with 25-percent discounts on name brands.
  - ✓ Resilience Journey — A resource to help you bounce back.

\* Company code required for access.

**It's time for a little more peace of mind.**  
**Life Solutions EAP services are at no cost to you.**

**You can receive up to 6 sessions per issue.**

**Call 1 844-833-0527 today or visit**  
**[www.lifesolutionsforyou.com](http://www.lifesolutionsforyou.com) and log in with your**  
**company code: WPAUMC.**

## Your Employee Assistance Program

Everyone experiences situations that affect their general well-being. Your employer recognizes this and offers an employee assistance program to help you and your colleagues be more successful at home and work.

The employee assistance program provides practical information and counseling on a variety of topics to you and anyone living under your roof, as well as any dependents who are younger than 26 and away at college. Information can be provided over the phone, via email, or by mail. Counseling is available at a time and location convenient to you.

### Key benefits of the program:

**There is no cost for employees.**

**The service is available 24 hours a day, 7 days a week, 365 days a year.**

**Services include coaching and counseling in person, over the phone, or via video.**

**It is confidential.**

**The service provides an independent, impartial source of support.**

**The employee assistance program can provide support on a wide range of work and personal issues.**

Some examples include:

- Improving relationships
- Parenting
- Support for couples
- Managing stress or life changes
- Career success
- Coping with the loss of a loved one
- Managing workplace pressure
- Improving self-esteem and confidence
- Referrals to local financial or legal resources
- Pursuing personal interests
- Maintaining physical health

In addition to contacting the service via telephone, you can access information and support online at [www.lifesolutionsforyou.com](http://www.lifesolutionsforyou.com). To log in, call us at the number below or use your company code: WPAUMC.

This Welcome Packet outlines more details of the program. You may not need the employee assistance program today, but please keep our services in mind for when you do. We hope that you and those close to you will find this service helpful.

Yours sincerely,

Life Solutions EAP

1-844-833-0527

[ask@lifesolutionsforyou.com](mailto:ask@lifesolutionsforyou.com)



<b>January</b>	<b>Mindful meal planning</b>	Learn how to plan meals to eat healthier and save time, stress, and money.
<b>February</b>	<b>Understanding forgiveness</b>	See how anger and resentment affect your mind and move toward lasting forgiveness instead.
<b>March</b>	<b>How to have a professional and respectful workplace</b>	Explore what it means to be professional, how to address negative behavior, and how to communicate respectfully.
<b>April</b>	<b>Birth order: Behavior traits that affect your life and work</b>	Understand how birth order influences your behavioral style and affects work and relationships.
<b>May</b>	<b>Identity theft: What can you do about it?</b>	Discover ways to prevent identity theft by recognizing red flags and learning how to protect yourself.
<b>June</b>	<b>We all matter: Diversity in the workplace</b>	Learn how to create cultural awareness and inclusion for all employees.
<b>July</b>	<b>The sandwich generation: Multigenerational caregiving</b>	Learn how to speak to aging parents about their needs, while taking care of your own children and family and avoid caregiver burnout.
<b>August</b>	<b>Stay motivated: Tips for leveraging your superpower</b>	Gain insights on your motivational style and learn strategies to stay motivated while pursuing goals.
<b>September</b>	<b>Fixing our broken sleep</b>	Discover the link between sleep and good health and learn relaxation techniques.
<b>October</b>	<b>Saving for the future</b>	Discover how to use emotionally charged saving techniques to set sound financial goals.
<b>November</b>	<b>Top social issues for teens in today's world</b>	Explore signs to look for in your teen and help them deal with today's pressures.
<b>December</b>	<b>Embracing life's challenges: The expected and the unexpected</b>	Receive encouragement to embrace life's challenges and face the future one day at a time.

**How to register:**

1. **Visit [www.lifesolutionsforyou.com](http://www.lifesolutionsforyou.com).**
2. **With corporate login selected, type your company code: WPAUMC.**
3. **Click on the link underneath WorkLife Resource Portal.**
4. **Scroll down and click on the box labeled Webinars.**
5. **To view the current webinar and earn a completion certificate, click "Completion Certificate." You may also view this webinar anonymously by choosing "No Completion Certificate."**

\*To view an archived webinar, click on the box labeled **Archived Webinars**.