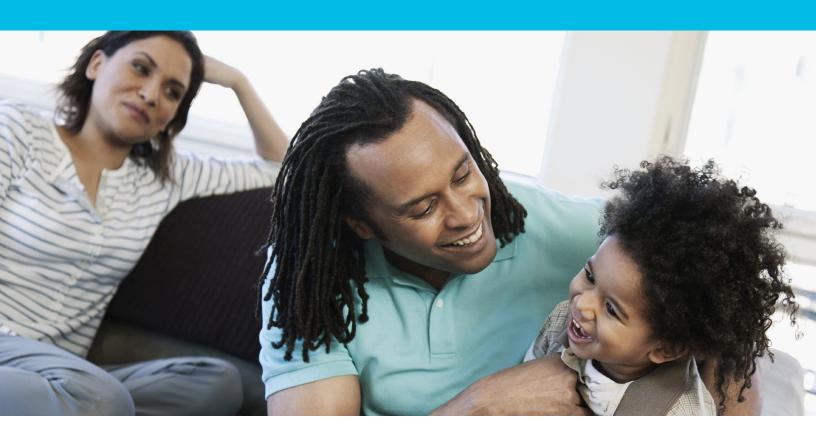
# Resources for Living®



## You can get services to help you live a better life today.

You have unique needs. That's why we've got one-of-a-kind solutions.

#### **Short-term counseling to meet your goals**

Everyone needs a little extra help now and then. You and your eligible family members can meet with one of our local counselors. It's free and confidential.

You can get counseling face-to-face or by televideo to help with issues like:

- Relationships
- Setting and reaching goals
- Stress and anxiety
- Work/life balance and more
- Learn more about counseling services here.

#### **Legal and financial services**

You can get legal and financial guidance from qualified professionals, including a free initial consultation for each issue.\* We can help you with goals like:

- Divorce and child custody
- Estate planning
- Debt and budgeting
- Identity theft
- Tax planning
- Mediation and more

You can even access our online legal and financial library.

- Find out more about legal services here.
- Learn more about financial services here.

<sup>\*</sup> Legal services beyond initial consults are provided at a reduced rate.

#### **Worklife Services**

The right resources can go a long way toward making your life easier. Worklife Services can save you time and stress with everyday issues such as:

- Child and elder care
- Caregiver support
- School and college planning
- Convenience services and more

All that adds up to a healthier, happier life at home and work.

Learn more about Worklife Services here.

#### **Online resources**

Healthy living tips are a click away. Just go to your member website to find:

- Articles on a wide range of topics
- Depression Resource Center and self-assessments
- Webinars
- E-tools and more

Get information and ideas for living a happy, healthy and productive life. The website is available in both English and Spanish.

Learn more about your member website here.

#### The Discount Center and fitness discounts

You have access to great savings nationwide. You can get reduced rates on:

- Brand name products
- Concert and event tickets
- Travel, hotels and car rentals
- Fitness memberships and supplies

You can learn more about the Discount Center here.

And learn more about fitness discounts here.

#### And remember these special features:

Televideo counseling	Meet with a counselor from the comfort of your own home with televideo services.  Learn more about Televideo counseling here.
myStrength	Register for a unique emotional wellness portal. It's easy. And it's accessible both online and on the go with the myStrength mobile app. <b>Get more details on myStrength here.</b>
Keep us in your back pocket	Download the mobile app today from your device's app store. It's got lots of free resources like stress busters and a mood tracker. You can even read the latest monthly content from your member website while you're out and about. <b>See how you can use the app in this short video.</b>

### Members are saying things like:\*

"Reduce my stress? That sounded like a dream – until I learned about my benefits. Now I know who to call for help with things like finding child care, managing debt, saving on big purchases and more. I can talk to an expert when I'm feeling down or upset. Help is literally at my fingertips all the time. Thanks for the less-stress lifestyle!"

For more information, simply call or log on today.

#### The EAP is administered by Resources For Living, LLC.

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<sup>\*</sup> This is a representation of member responses and does not reflect an actual participant.