



# Get Help for Work/Life Balance

In addition to access to a Licensed Professional Counselor, your EAP+Work/Life program provides a wide range of resources to help your life run more smoothly! Whether you need to find childcare, legal or financial experts, or even a cleaning agency, we'll do the legwork for you. This saves you time so you can focus on all the other important things in your life.

## Work/Life Services: We Help Support Your Life!

We will search for resources in your area, providing availability and rates. Here are examples of resources we can find:

- Childcare centers, nanny agencies, pre-school centers, back-up care, summer camps
- Pet sitters
- Special Needs programs
- Assisted living, nursing homes, independent living, home health aides, adult day services
- Personal/Family Law attorneys: adoption, guardianship, custody, child support, divorce
- Elder law attorneys: wills, durable Power of Attorney, health directives
- Financial/Legal consultants: debt, budgeting, bankruptcy, college/retirement planning
- Senior centers, geriatric care managers
- Adults with disabilities

## Personal Concierge Services: We Shrink Your To-Do List

We can handle all those time-consuming tasks including researching the following:

- Apartment search
- Contractors/landscapers for home/yard projects
- Pet care, cleaning agencies, dry cleaning
- Restaurant reservations
- Rental cars, auto repairs/maintenance
- Ticketing research for travel, sporting events, theater

## Online Services: Help at Your Fingertips

Through the website or mobile app, you get instant access to the following:

- Trustworthy articles on emotional well-being, relationships, health, financial matters, work issues
  - Searches for child care, camp locators, older adults
  - Calculators for student loans or debt consolidation
  - Downloadable forms for taxes and other documents
- ... and much more!

**We're not an insurance company.** Health Advocate is not a direct medical care provider, and is not affiliated with any insurance company or third party provider.

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Turn to us—we can help.



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