

# Need help balancing work and life?

Take advantage of LifeCare®—an employer-paid work-life employee assistance program designed to save you time and stress.

Trying to manage daily responsibilities and life events can be a real challenge at times. Fortunately, there's LifeCare, provided by your employer. Through ADP TotalSource®, LifeCare helps you manage your daily life—from prenatal questions to adult care...from summer camps to child care services...from pet care to health and wellness...and much more. Plus, LifeCare offers LifeMart®, an online discount center with thousands of discounts for you.

## Assistance around the clock

Whenever you need assistance with a work-life issue—or a referral to a provider—LifeCare is always there for you, 24 hours a day, seven days a week.

## Valuable assistance

Over the years, employees have found our services to be an invaluable source of support and information. We hope that you, too, will benefit from LifeCare.

# How to access LifeCare:

You can reach LifeCare by calling toll-free, 24 hours a day at **1-855-329-4407** (1-800-873-1322 TTY)

To access the **LifeCare website**, log in to My TotalSource® select the **EAP link** from the **Home Page**.

A final note: Neither LifeCare specialists nor the LifeCare web site are intended to provide any user with specific authority, advice or recommendations. The information obtained through specialist assistance or the LifeCare web site is for informational purposes only. In all instances, users should verify all information received. All final decisions on the appropriateness of information, the quality of a product, or the qualifications of a service provider must be made by the user. Discount vendors shown here and on our web site are subject to change without notice to you. We do not guarantee the inclusion of any particular discount or vendor on our site. We do not guarantee product availability or that the prices offered are the lowest available. We make no warranties, express or implied, regarding the products or services offered through the discount center.



LifeCare®



LifeCare®



Work-Life Employee Assistance Program

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## Expert Guidance

Whether it's an expected life event or an unexpected, last minute need, we're here to help 24/7/365. LifeCare's specialists are equipped with expert knowledge so they're prepared to help with whatever you may be facing, even your most complex, one-of-a-kind issues.

- Your LifeCare specialist will take the time to listen to your unique situation
- Our researchers will look into every possible option that will fit your specific needs
- No matter the request, your specialist will not stop until they find the right solution for you
- With no stone left unturned, our experts will present you with all the information that we've uncovered
- Your specialist will check in after your problem has been solved to see if you need any additional help

## Online Resources

- Quick online access to highly qualified Specialists 24/7/365
- Resources including articles, webinars, live talks and life event collections
- Information on providers and resources nationwide
- Confidential interactive Message Center
- Customized profile for an experience tailored to your interests
- Mobile friendly design for access on the go

# How LifeCare can help you everyday

## Child Care & Parenting

- Adoption
- Before- and after-school
- Breastfeeding
- Child development
- Child care (centers, in-home, family day care)
- Mothers at Work®
- Parenting infants to teens
- Prenatal care
- Special needs
- Work & family
- Education Services



## Senior Care & Aging

- Care options and living arrangements
- Caregiver issues and concerns
- Home meal delivery programs (e.g. Meals on Wheels)
- Hospice services
- Legal and financial issues
- Medicare, Medicaid and Social Security
- Respite care
- Senior health/safety
- Transportation services
- In-home services



## Emotional Health

- Anxiety
- Depression
- Divorce counseling
- Domestic violence
- Family counseling
- Grief issues
- Marital or relationship difficulties
- Substance abuse

Call today for your choice of 3 EAP sessions, face to face or by telephone, per person per concern per year (up to 9 sessions total).



## Legal & Financial

- Credit & debt
- Insurance
- Legal
- Personal finance
- Real estate & loans
- Retirement planning



## Health & Wellness

- Children's health
- Diet & nutrition
- Emotional health
- Fitness/exercise
- General health
- Men's health
- Safety
- Senior health
- Women's health



## Daily Needs

- Automotive services
- Consumer information
- Home improvement
- Moving/relocation
- Pet care
- Travel
- Utilities/home services



## LifeMart Discounts

- Computers and electronics
- Theme parks
- Flights, cruises, car rentals, and hotels
- Gifts and retail shopping
- Books and DVDs
- Child and elder care products and services
- Temporary/back up care
- Work & family



(Wallet Card —cut here)

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