




LifeSolutions

A workplace benefit offering solutions to balance your life, work, and wellness.

LifeSolutions services:

❖ **Coaching/Counseling In-Person and by Telephone**

Up to 6 sessions are available for:

- Stress and everyday life issues
- Family / relationship concerns
- Work / career challenges
- Healthy lifestyle changes
- Managing anxiety, depression & alcohol/drug issues

❖ **Referrals to Community Resources**

❖ **24 / 7 Phone Support**

❖ **WorkLife Services**

Personalized referrals for:

- | | |
|-----------------------|------------------------|
| • Childcare, adoption | • Legal matters |
| • Eldercare | • Financial counseling |
| • Daily living | • Education resources |
- (Also, home improvement, travel, recreation and more)*

On-line resources:

- | | |
|---------------------|-------------------------|
| • Relocation Center | • Financial calculators |
| • Articles and tips | • Self search locators |
| • Ready documents | • Skill builders |
| • Live Connect | • Webinars |
- (instant messaging with WorkLife specialist)*

LifeSolutions is available at **no cost** to you or your household members.

Access LifeSolutions

All LifeSolutions services are private and confidential.

PLEASE CALL

1.800.647.3327

GO ONLINE

www.lifesolutionsforyou.com

Online Access

Our LifeSolutions website
www.lifesolutionsforyou.com

- ① Enter www.lifesolutionsforyou.com
- ② Click the links for information

or

Connect to WorkLife portal

- ① lifesolutionsforyou.com homepage
- ② click **WorkLife Resource Login** box
- ③ Enter company code: **acshic**
Enter password: **solution**