

Lifeworks

Employee Assistance Program

Life. Just when you think you've got it figured out, along comes a challenge. Whether your need are big or small, your Life Assistance & Work/Life Support Program, offered through Lifeworks, is there for you. It can help you and your family find solutions and restore your peace of mind.



Call the EAP Anytime

We're just a phone call away whenever you need us. At no extra cost to you. An advocate can help you assess your needs and develop a solution. Advocates can also direct you to community resources and online tools.

Visit a Specialist

You have three face-to-face sessions with a behavioral counselor available to you - and your household members. Call us to request a referral. The Employee Assistance Program is confidential. If you choose to utilize any of the services offered, Holy Family University will not be notified.

Contact the EAP 24/7

Call **800.433.7916** or visit the EAP online at **login.lifeworks.com**. Once there enter the following:

User ID: HolyFamily

Password: wellness

Achieve Work/Life Balance

If you would like help handling life's demands, call the EAP for extra support and guidance on topics such as:

- **Child Care Benefit & Referrals.** Family Daycare before and after school care, in-home nanny agencies and day camps.
- **Elder Care Benefit & Referrals.** In-home care, transportation, housing options, and care managers.
- **Financial & Debt Benefit.** Certified financial coaches on staff to help with budgeting, debt counseling and financial planning referrals.
- **Peak Performance Wellness Coaching.** One-on-one coaching and counseling from an integrated team. Coaching for fitness, nutrition, weight loss, tobacco cessation, stress, and drugs & alcohol.
- **Personal Assistance.** Assists members searching for local community resources and solutions with scholarships and financial aid, real estate and rental issues, home-based service needs, support groups and summer camp options.

