

WorkLife Services



Work, children, friends, family—it all adds up to lack of time, and sometimes overwhelming stress.

Let us do your legwork.

We can provide you and your loved ones with information and referrals for many of your personal needs. Just call. We'll do the research and provide a list of service options in your area, or wherever you need them.

Look to us for information on a variety of services, including:

- **Household services.** Plumbers who work evenings, housekeepers, carpenters, dry cleaners, auto repair shops, electricians, landscapers
- **Shopping.** Clothing, antiques, sporting goods, specialty stores, shopping services for the elderly or disabled
- **Entertainment.** Theater tickets, golf, travel arrangements, kid-friendly restaurants, nightclubs, horseback riding, concerts, skydiving lessons
- **Health and wellness.** Fitness centers, urgent care clinics, all-night pharmacies
- Personal services. Apartment brokers, caterers, tailors, translators, dog walkers

When times are tough, WorkLife Services can help, with referrals including:

- Adult/Elder Support Services. For people who are aging or caring for adult and elder dependents, including caregiving, housing, transportation, meal services, senior activity groups
- **Child/Parenting Support Services.** Answers to parenting questions, resources for daycare, summer camps, adoption, sick-child care
- **Chronic Condition Support.** Non-medical support and resources for employees and dependents who have a condition like diabetes, arthritis or asthma

Our referrals are reliable.

Our Resource specialists conduct searches using our extensive database and make phone calls to find options that meet your needs. You'll get up-to-date details—including what services are offered, how much they cost, professional credentials and contact information—by telephone, fax or e-mail. What might have taken you hours takes just one call!

Save time. Enjoy life. One quick call. Hundreds of real-world solutions.

Simply call the toll-free number provided by your health benefits representative or log on to www.liveandworkwell.com and enter your access code. All calls and use of services are confidential in accordance with applicable law. Contact us today.

Please note: While WorkLife Services and all referrals are included as part of your benefits, you will have to pay for any WorkLife Services you decide to use. OptumHealth Behavioral Solutions specialists cannot book or purchase services on your behalf. This is an educational referral-based service only. Certain services may not be available in some benefit plans. Consult your benefit plan to know what is available.

400-5255 PCA638838_000



WorkLife Services

More than 100 Ways to Help You Manage Your Life!

Here is a sample of the services available to you. Call today and receive personalized consultation and referrals in the following areas.

CONVENIENCE SERVICES

Business Travel Health and Well-Being Home Improvements **Household Services** Yard and Lawn Care Shopping

Entertainment Dining Nightlife

Recreation **Pet Services** Travel

Repair: auto, home

Relocation

Personal services: massage, spa services, acupuncture, etc.

CHILD, FAMILY AND **PARENTING SUPPORT SERVICES**

Adoption

At-Risk Pregnancy Support **Before and After School Programs**

Certified Nurse Midwives

Childbirth Issues **Childcare Options** Child Development Cooperative Preschools Dad's Groups

Day/Residential Camps

Doula Services

Emergency/Sick-Child Care **Extended Day Programs**

Help with Parenting Questions

Home Alone Services Infertility Resources **Newborn Issues**

New Parent Support Groups Parent/Child Interactive Classes

Parent Education Classes

Postpartum Depression Support

Prenatal Services

Preschools

Recreational Activities Sibling Support **Special Needs Care**

State and Federal Government Nutrition and Health Programs for At-Risk and Low Income Parents

State Subsidy Programs Step-Family Support Groups Summer Camps and Activities

Summer Childcare

Teen Parent Assistance Program

Transportation Services

Community Programs for Teens

EDUCATIONAL RESOURCES

(from kindergarten through adult)

Adult Education Classes Alternative Educational Programs

College Solutions Career Consulting

Community College Programs Early Childhood Curriculums Early Intervention Programs **Educational Advocacy Groups**

Enrichment Classes Home Schooling

Individual Educational Plan

International Study Kindergartens **Nursery Schools**

Private School Resources

Residential Schools Schools/Programs for At-Risk Youth

Special Needs Programs Sports and Recreation Programs

Technical Schools

ADULT AND ELDERCARE SUPPORT SERVICES

Adult Day Care Programs Alzheimer's and Related Disorders Case Management

Community Resources and Programs

Disaster Support Elder Abuse

Elder Law Attorneys Financial Issues

Government Programs

Grief/Loss

Health and Older Adults Home/Health Assessment **Homemaker Service**

Housing Options

In-Home/Nursing Care Options

Legal Issues Meals on Wheels Ombudsman

Recreation/Social Programs

Retirement Planning

Skilled Nursing Facility Information

Volunteer Opportunities

CHRONIC ILLNESSES AND CONDITIONS SUPPORT SERVICES

Advocacy

Affordable Housing Assistive Technology

Caregiving

Condition-Specific Support

Food Service and Nutrition Help Lines

Living with a Disability

Remodeling for Accessibility

Respite Services Transportation Travel/Special Needs

Work Issues

Contact us any time you need help with any of life's concerns. Ask your health benefits representative for your access code to liveandworkwell.com and the toll-free number.

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