



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 per issue are available for:

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

◆ Referrals to Community Resources

◆ 24/7 Phone Support

◆ Online WorkLife Resources

- Articles and Tips
- Resource Links
- Surveys
- Ready Documents
- Site Search
- Savings Center
- Self-Search Locators
(Education search, volunteer opportunities, and pets search)

LifeSolutions is available at **no cost** to you and 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

1. Go to www.lifesolutionsforyou.com.
2. Find **Current Customers** in the lower left section of the page.
3. Log in by typing your company code in the field provided: **pghb0e**
4. Click "Go" to complete the sign-in.

Scan here to be taken directly to the LifeSolutions website.

