Sometimes, life gets messy
That’s when you need Life Solutions EAP, a no-cost, confidential employee assistance program for you and members of your household.

Our trained professionals will help you find resources to:
- Balance your work and home life.
- Deal with family and relationship concerns.
- Cope more successfully with anxiety, depression, or drug/alcohol issues.
- Make healthy lifestyle changes that last.
- Get legal and financial advice, and much more.

Life Solutions services include:
- Coaching and counseling: confidential sessions - in person, by telephone or via video counseling.
- Referrals for child care and elder care.
- Help with daily living issues.
- Access to Beating the Blues US™, an online program to help manage stress and anxiety.
- 24/7 phone support if you need immediate help.
- Referrals for legal and financial services:
  ✓ A free 30-minute legal consultation and up to a 25-percent reduction in attorney fees after the consultation.
- ✓ A free 30-minute consultation with a financial professional.
- Access to our Work-Life portal* featuring:
  ✓ Skill builder courses and monthly webinars.
  ✓ Downloadable legal forms, such as wills and powers of attorney.
  ✓ Financial calculators to help you create a budget.
  ✓ A savings center with 25-percent discounts on name brands.
  ✓ Resilience Journey — A resource to help you bounce back.
* Company code required for access.

It’s time for a little more peace of mind.
Life Solutions EAP services are at no cost to you.
You can receive up to 6 sessions per issue.
Call 1 800-647-3327 today or visit www.lifesolutionsforyou.com and log in with your company code: PGHBOE.
Financial Consultation Services

We offer financial counseling on a variety of issues:

- **Housing**
  - Mortgages
  - Refinancing
  - Selling vs. foreclosure
- **Bankruptcy vs. debt management**
- **Budgeting**
  - Avoiding bankruptcy
  - Improving credit
- **College planning**
- **Credit card errors**
- **Identity theft**
- **Debt consolidation**
- **Debt management**
- **Credit score review**
  - Instruction on how to obtain free report
  - Review of reports
- **Retirement planning**

- **Family status changes** (marriage, divorce, birth, etc.)
- **Financial counselor relationship**
  - Call for more than one issue.
  - Develop a plan of action together.
  - Enjoy convenient phone sessions.

**Use your benefit**

We answer 24/7. Call us at the number below to ask questions or to schedule an appointment. You can also visit us at [www.lifesolutionsforyou.com](http://www.lifesolutionsforyou.com).

To access the Life Solutions website and Work-Life portal, enter your organization code on the homepage. Your organization code is: PGHBOE

Life Solutions is a private and confidential service available to you and members of your household at no cost.

1-800-647-3327
[www.lifesolutionsforyou.com](http://www.lifesolutionsforyou.com)