



Life Solutions EAP

Your Employee Assistance Program



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.**

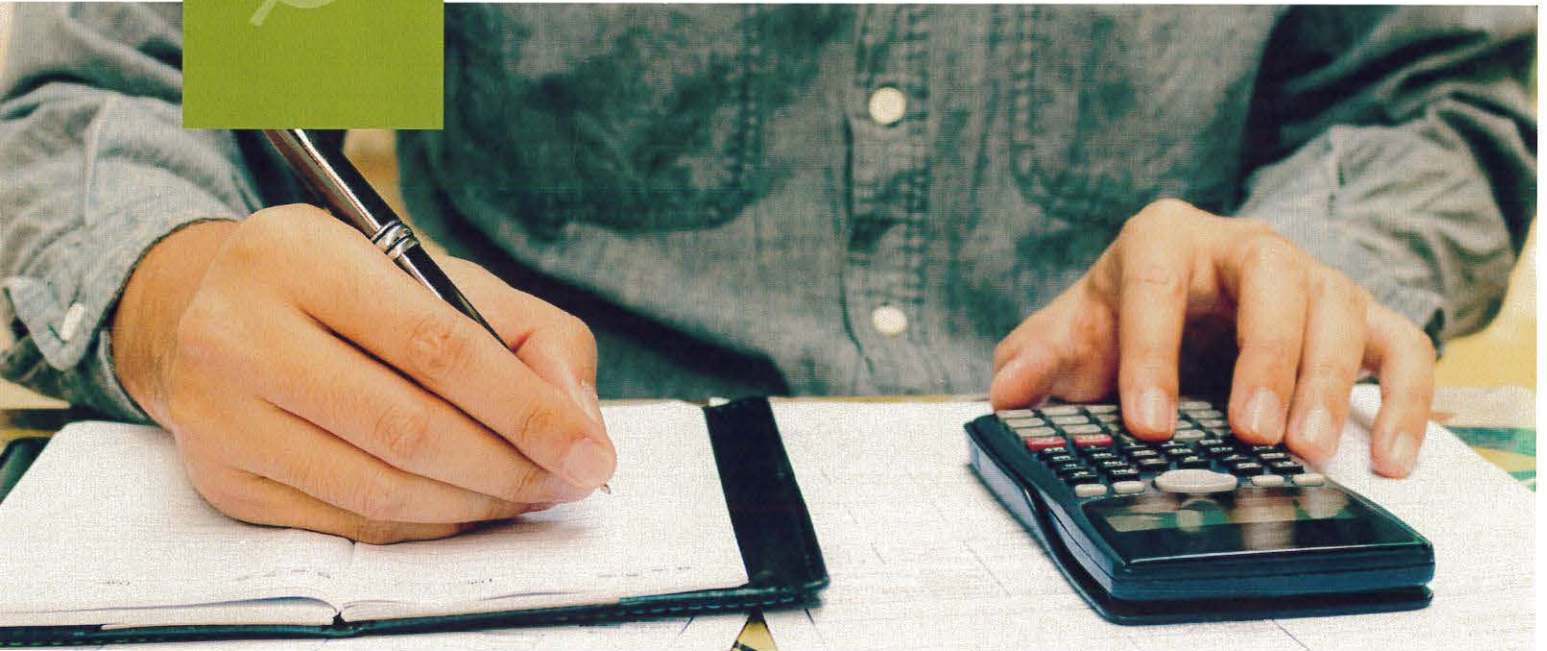
You can receive up to 6 sessions per issue.

**Call 1 800-647-3327 today or visit
www.lifesolutionsforyou.com and log in with your
company code: PGHBOE.**



Life Solutions

Employee Assistance Program



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.

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