

**LifeWorks – Employee Assistance Program (EAP) & Total Well-being Platform**

LifeWorks blends the employee assistance program (EAP) with personalized well-being resources that can support you and your dependents with issues related to family, health, life, money and work. The Employee Assistance Program is offered through LifeWorks to all full-time University faculty and staff.

LifeWorks provides free confidential counseling, consultations, community referrals and online access to hundreds of articles, toolkits, podcast, webinars and much more. **Services and are available 24/7 on-line or at 888-267-8126.**

<b><u>FAMILY</u></b>	<b><u>HEALTH</u></b>	<b><u>LIFE</u></b>	<b><u>MONEY</u></b>	<b><u>WORK</u></b>
<i>Adoption</i>	<i>Mental Health</i>	<i>Crisis</i>	<i>Bankruptcy</i>	<i>Career</i>
<i>Child Care</i>	<i>Addictions</i>	<i>Disabilities</i>	<i>Budgeting</i>	<i>Development</i>
<i>Couples</i>	<i>Healthy Habits</i>	<i>Legal</i>	<i>Estate Planning</i>	<i>Communication</i>
<i>Death/Loss</i>	<i>Mindful Living</i>	<i>Resources</i>	<i>Home Buying</i>	<i>Coping with</i>
<i>Education</i>	<i>Managing Stress</i>	<i>Midlife</i>	<i>Investing</i>	<i>Change</i>
<i>Older Relatives</i>	<i>Sleep</i>	<i>Personal</i>	<i>Managing Debt</i>	<i>Managing People</i>
<i>Parenting</i>	<i>Alternative</i>	<i>Issues</i>	<i>Renting</i>	<i>Shift Work</i>
<i>Separation/Divorce</i>	<i>Health</i>	<i>Relationships</i>	<i>Savings</i>	<i>Time Management</i>
		<i>Retirement</i>		<i>Work Relations</i>
		<i>Student Life</i>		<i>Work Stress</i>

**LifeWorks Total Well-being Platform:**

On-line Chat Features	Lifestyle Assessments
Webinars	Financial Well-being Assessments & Calculators
Personalized Daily Well-being Tips	Wellness Health Assessments
LIFT Free Fitness App	Toolkits
Childcare Search Resources	Elder Care Locator

**Getting started on the LifeWorks Platform is easy and a one-time sign-up is required:**

1. Go to **login at LifeWorks** and select **Sign-Up**.
2. Your Invitation Code is **tul-TUId#**, for example if your TUId# is 99999999 then your invitation code is tul-999999999.
3. Create your personal login credentials (email and password) to get started.

**Contact LifeWorks: 888-267-8126**