

# YOUR WORK-LIFE BENEFITS



Your employer recognizes the challenges of balancing work with the circumstances of everyday life. That's why you and your family have access to support through the Work-Life Resource and Referral program. When you call the toll-free number, you will be assisted by a qualified Work-Life Consultant who will respond to your request thoroughly and promptly. And when you log on to the Work-Life Website, you'll find an abundance of useful resources, articles, links and interactive tools.

## SERVICE OVERVIEW

- Professional assistance for issues related to work, family, caregiving, daily living, health and well-being, and more
- Accessed by phone or Internet
- Available 24 hours a day, 7 days a week
- Always confidential
- No cost to you or your family to use the service

## SPECIAL FEATURES AND BENEFITS

In addition to the support from our professional Work-Life Consultants and the rich library of online tools, you can enjoy additional attributes of the service including:

- LiveCONNECT, a feature that allows you to instant message a Work-Life Consultant
- Savings Center, where you can shop name-brands at discounts of up to 25%
- On Demand Seminars and Skill Builders covering a variety of personal and professional topics

## SERVICE ACCESS

You can access the service any time, any day by calling the toll-free number or by logging on to the Work-Life Website, and entering your username.

TOLL-FREE: **800.553.7798**

TTY/TTD: 866.704.6355

WEBSITE: **www.wfseap.org**

USERNAME: **City of Bellevue**

### CHILD CARE AND PARENTING

- Infant through School-Age Care & Back-Up Care
- Summer Camps
- Education and Tutoring
- Special Needs
- Parenting Resources
- Lactation Support
- Adoption Support

### OLDER ADULT CARE

- Senior Services
- Housing Options
- Caregiver Support
- Geriatric Specialists

### CAREER

- Work-Life Balance
- Transition and Relocation
- Communication
- Manager Resources

### EDUCATION

- Public and Private Schools
- Higher Education & Continuing Education
- Financial Aid
- Tutoring Programs
- Special Needs

### HEALTH AND WELL-BEING

- Diet, Exercise, Nutrition
- Managing Chronic Conditions
- Stress and Fatigue
- Community Resources

### DAILY LIVING

- Home Maintenance
- Pet Care
- Moving and Relocation
- Community Resources
- Convenience Services
- Consumer Information

### LEGAL/FINANCIAL

- Downloadable Legal Documents
- Articles, Tips and Links
- Financial Calculators
- Consultations with a legal attorney or financial counselor

