



We're launching something new!

Coming July 1st, an exciting and innovated Employee Assistance Program (EAP) providing wellbeing solutions you and your family can use every day!

- Dealing with a tough issue?
- Facing a challenge?

Access confidential support, resources, and services for your mental, physical, social and financial wellbeing, any time, 24/7. The EAP is free for you and your family.

- Wishing you had a convenient way to access information, updates, and tips to support your wellbeing and your success at work?
- Looking for ways to make your money go further?

Your new EAP is all this, and more!

<p>Short-term Professional Counselling provides support for personal and emotional issues.</p>	<p>Family Support Services provides access to child and eldercare resources.</p>
<p>Specialized Counselling and Online Programs to assist with career challenges, managing stress, and more!</p>	<p>Health & Wellness Coaching offers you a personal health and wellness coach to partner with you, one-on-one, helping you learn how to make important lifestyle changes and maintain the improvements.</p>
<p>Legal Support Services provides consultation with professional lawyers to answer legal questions.</p>	<p>Choose from five structured programs: Stress Management, Tobacco/Nicotine Cessation, Weight Management, Sleep Habit Management, Diabetes Prevention; or a single-session "Ask-a-Coach" option.</p>
<p>Financial Support Services provides consultation with financial professionals to answer financial questions.</p>	<p>Wellbeing Resources including Total Wellbeing Assessment, LifeWorks Fitness powered by LIFT, and CareNow Counselor-Assisted programs offering specialized self-help resources developed by world-leading experts.</p>

The EAP benefit reflects your employer's continuing commitment to your well-being and privacy. Life is full of challenges; you don't have to face them alone. We encourage you to use the EAP anytime you need it.

Beginning July 1st Access your EAP 24/7

- Call: **800-433-7916**
- Login: **login.lifeworks.com** gives you access to hundreds of articles, tools and resources.

Username: **piibt**

Password: **eap**

- Mobile: Instant access to support on the go! Download the **Lifeworks app** now at your device app store:

