



# INTERMEDIATE UNIT ONE



A workplace benefit offering solutions to balance your life, work, and wellness.

LifeSolutions services:

❖ **Coaching/Counseling In-Person and by Telephone**

*Up to 6 sessions are available for:*

- Stress and everyday life issues
- Family / relationship concerns
- Work / career challenges
- Healthy lifestyle changes
- Managing anxiety, depression, and alcohol / drug issues

❖ **Referrals to Community Resources**

❖ **24 / 7 Phone Support**

❖ **WorkLife Services**

*Personalized referrals for:*

- |                       |                        |
|-----------------------|------------------------|
| • Childcare, adoption | • Legal matters        |
| • Eldercare           | • Financial counseling |
| • Daily living        | • Education resources  |

*(Also available: home improvement, travel, recreation and more)*

*Online resources:*

- |                     |                         |
|---------------------|-------------------------|
| • Relocation Center | • Financial calculators |
| • Articles and tips | • Self search locators  |
| • Ready documents   | • Skill builders        |
| • Live Connect      | • Webinars              |

*(Instant messaging with WorkLife specialist)*

LifeSolutions is available at **no cost** to you or your household members.

**Access LifeSolutions**

*All LifeSolutions services are private and confidential.*

PLEASE CALL

**1.800.647.3327**

GO ONLINE

**www.lifesolutionsforyou.com**

**Online Access**

**Our LifeSolutions website**

**www.lifesolutionsforyou.com**

- 1 Enter www.lifesolutionsforyou.com
- 2 Click the links for information

or

**Connect to WorkLife portal**

- 1 Enter www.lifesolutionsforyou.com
- 2 Click **WorkLife Resource Login**
- 3 Enter company code: **iu1**  
Enter password: **solution**

