

Welcome to LifeWorks

Feel supported and connected with a confidential
Employee Assistance Program and innovative wellbeing resource

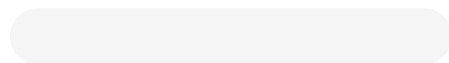


Life can be complicated. Get help with all of life's questions, issues and concerns with LifeWorks.
Any time, 24/7, 365 days a year.

LifeWorks offers support with mental, financial, physical and emotional wellbeing. Whether you have questions about handling stress at work and home, parenting and child care, managing money, or health issues, you can turn to LifeWorks for a confidential service that you can trust.

| <u>Life</u> | <u>Family</u> | <u>Health</u> | <u>Work</u> | <u>Money</u> |
|-----------------|--------------------|--------------------|--------------------|-----------------|
| Retirement | Parenting | Mental health | Time management | Saving |
| Midlife | Couples | Addictions | Career development | Investing |
| Student life | Separation/divorce | Fitness | Work relationships | Budgeting |
| Legal | Older relatives | Managing stress | Work stress | Managing debt |
| Relationships | Adoption | Nutrition | Managing people | Home buying |
| Disabilities | Death/loss | Sleep | Shift work | Renting |
| Crisis | Child care | Smoking cessation | Coping with change | Estate planning |
| Personal issues | Education | Alternative health | Communication | Bankruptcy |

Call us



Log in with LifeWorks today

Go to login.lifeworks.com OR download the mobile app

Username:

Password:

ASEA members and
their immediate family
receive up to 6
counseling sessions
per issue, per year at no
cost!