



A more human resource.™



# Work-Life Employee Assistance Program

However big or small an issue may be, it's good to know you can always reach out to us. LifeCare is a Work-Life Employee Assistance Program (Work-Life EAP) benefit. Your employer and ADP TotalSource® have made it available to you and your family. We are here for you with resources and guidance to help with parenting, senior care, home services, wellness, legal, financial services, or whatever personal challenge you might face. Our specialists are available 24/7, 365 days a year.

**Emotional Health** Call today for your choice of 3 EAP sessions, face to face or by telephone, per person per concern per year (up to 9 sessions total).

- Marital or relationship difficulties
- Anxiety and depression
- Domestic violence
- Grief
- Substance abuse



**Parenting, Child Care and Education** Balancing work, family and all of your daily responsibilities can be challenging. LifeCare offers personalized assistance and resources to help you save time and money.

- Breastfeeding and Mothers at Work®
- Child development and special needs
- Child care (centers, in-home, family day care) and education services
- Adoption and prenatal care



**Senior Caregiving Services** Caring for loved ones as they age is a lot easier when you have a good support system in place.

- Care options and living arrangements
- Hospice
- Medicare, Medicaid and Social Security
- Home meal delivery programs
- Transportation services



**Wellness and Daily Living** Your personal wellness and concerns can take a backseat to more urgent issues. LifeCare's tools can help you address them.

- Diet and fitness
- Automotive services
- Travel
- Safety
- Moving, utilities and other home services
- Pet care



**Legal and Financial** Call to learn more – you may be eligible for free consultations and discounted legal fees.

- Insurance
- Real estate and loans
- Discounts, articles and tools on LifeCare.com
- Legal and personal finance
- Retirement planning



Call toll-free, 24 hours a day at **1-866-574-7256** (1-800-873-1322 TTY). Please mention your affiliation with ADP TotalSource.

To access the **LifeCare website**, log in to My TotalSource® select **Myself->Benefits->EAP**.