



# Love the way you feel

## Get to the heart of a healthy lifestyle



A more human resource.™

Figuring out ways to keep your family fit shouldn't give you fits. We make developing a healthy lifestyle easy. From diet and nutrition to exercise programs to forming healthy habits, we provide information to help you look and feel your best.

### We serve you well when it comes to wellness. We can help you:

- Research and find fitness clubs, diet and nutrition programs, healthy activities, and community health services.
- Focus on the overall well-being of your family, from what to eat, how to stay active, and where to go for help with healthy living.
- Locate resources and programs to help with preventative care, quitting smoking, sleep health, and needs related to health conditions like diabetes.
- Join our FREE Your Healthy Lifestyle educational series to learn about new wellness topics each month.

[Access our website anytime](#) for a variety of wellness resources, including fitness center discounts, tips and how-tos, webinars and articles. A few clicks or taps is all takes to put your finger on the pulse of wellness.

## Call Toll-Free, 24 Hours a Day

- **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**.

LifeCare®