

KEEPING YOU WELL AND WELL BALANCED:

## Support for Your Total Well-Being

**EMOTIONAL WELL BEING**

E4 Health offers up to 6 sessions of confidential counseling for employees, their family members and household members. Call 24/7 for support with issues including:

- Relationship Difficulties
- Mental Health Concerns
- Life Cycle Events
- Grief and Loss
- SOAR: Fear of Flying
- Addiction
- Stress
- Family

**LEGAL CONSULTATION AND REFERRALS**

Call to be connected to a free, 30-minute consultation with an advice attorney for most legal matters, such as:

- Civil Lawsuits
- Real Estate Transactions
- Divorce/Custody
- Criminal Actions
- Contracts
- Immigration Issues
- Eldercare Tools (e.g., wills, healthcare proxies)

Note: Should your matter be more complex in nature, you will be referred to an attorney at a 25% discounted rate.

**FINANCIAL CONSULTATION AND REFERRALS**

Our financial professionals are available to provide free telephonic consultation on most financial issues, including:

- Credit/Debt Issues
- Budgeting
- Bankruptcy
- Identity Theft
- Tax Filing
- Estate/Retirement Planning

**HEALTH & WELLNESS RESOURCES AND REFERRALS**

Receive information, resources and referrals to assist with health-related issues, such as:

- Walking/Fitness Programs
- Diet and Nutrition
- Smoking Cessation
- Stress Management
- Chronic Disease
- Referrals to Gyms/Health Clubs, Holistic Health Resources, and Support Groups

**FAMILY & CAREGIVING RESOURCES AND REFERRALS**

From becoming a new parent to taking care of an aging relative to pet care needs, our specialists provide you with in-depth consultations, resources and referrals to help you make educated decisions. Common concerns include:

- Parenting
- Special Needs Programs
- Educational Programs
- Childcare Services
- Prenatal/Fertility
- Adoption
- Eldercare Services
- Pet Care

**CONVENIENCE SERVICES**

Referrals to local vendors and resources to assist with everyday tasks such as:

- Chore Services
- Moving and Relocation
- Electricians and Plumbers
- Event and Party Planners
- Consumer Comparisons
- Volunteer Opportunities
- Travel and Safety

**WEBSITE**

Log on to access the savings center, articles, assessments, webinars, financial calculators, searchable databases, skill builders and more.

Toll-free: **800-828-6025**  
 Website: **www.LifeScopeEAP.com**  
 Username: **Smith College**  
 Password: **guest**

