

# Feel supported, connected and rewarded.



MAP Resource



Well-being newsfeed



Perks & Savings

**LifeWorks is an exciting and innovative well-being solution that:**

- Supports you with a confidential **Member Assistance Program (MAP)** and well-being resource, available 24/7 by phone, online, and by mobile app.
- Connects you to information, tips, and updates to support your well-being and success at work.
- Rewards you with a range of special offers and **Perks**, helping you save money on daily essentials and luxury brands.

## Dealing with a personal or work issue?

The MAP can provide support, referrals, and resources related to many issues, including the following:

- Adoption issues
- Alcohol and drug abuse
- Anxiety
- Budgeting, financial worries, and reducing debt
- Child care and parenting issues
- Concern about another person's alcohol or drug abuse
- Conflict of work
- Crisis and trauma
- Depression
- Domestic abuse
- Education issues
- Elder care/caregiving issues
- Gambling and other addictions
- Grief and loss
- Job burnout
- Legal matters
- Relationship issues
- Separation and divorce
- Stress
- Workplace change
- Work-related problems and job stress

The MAP encourages members and those close to them to see help early, before a minor problem becomes more serious. The MAP is designed to address short-term issues and to identify resources and referrals for emergency and long-term issues. When in doubt, contact the MAP for help or support

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