

LifeSolutions

A workplace benefit offering solutions to balance your life, work, and wellness.

◆ **Coaching/Counseling in Person and by Telephone**

Up to **six** sessions per issue are available for:

- Stress and everyday life issues
- Family and relationship concerns
- Alcohol and drug concerns
- Work and career challenges
- Healthy lifestyle changes

◆ **Referrals to Community Resources**

◆ **24/7 Phone Support**

◆ **Beating the Blues US**

Free, eight-week online program to help improve your mood and improve stress resilience.

◆ **WorkLife Services, including personalized referrals for:**

- Child care, adoption
- Elder care
- Daily living needs (Also, home improvement, travel, recreation, and more)
- Free 30-minute legal consultation; 25% reduction in attorney's fees if further help is needed
- Access to no-cost financial counseling
- Education resources



◆ **A comprehensive online portal where you can search for what you need, instant message with a WorkLife specialist through Live Connect, and access training and webinars for personal and workplace skill development:**

- Relocation center
- Articles and tips
- Ready documents
- Financial calculators
- Self-search locators
- Skill builders

Online Access

1. Go to www.lifesolutionsforyou.com
2. Find Current Customers in the lower left section of the page.
3. Log in by typing your organization code in the field provided: **pghcity**.
4. Click Go to complete the sign-in.



Scan this code with your smartphone to go to the *LifeSolutions* website:

LifeSolutions is available at no cost to you and your household members.

Access LifeSolutions

All *LifeSolutions* services are private and confidential.

Please call: 1-800-647-3327

Go online: www.lifesolutionsforyou.com



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Offering Solutions to Balance Your Life, Work, and Wellness