

Understanding the WorkLife Option



Not every issue you face today requires counseling...

sometimes your most pressing needs are challenging your ability to focus at work.

Everyday things like:

- Finding a new day care for the twins,
- Respite care for Dad,
- or someone to watch Fido next weekend.



For these situations, DIRECTIONS EAP offers the WorkLife Option, which literally connects you to free expert counsel and referral for hundreds of urgent life issues!

- Childcare/Parenting
- Adoption
- Education
- Wellness, and
- Elder Care



The WorkLife Option is...

- Available around-the-clock every day of the year
- Free to employees and their covered dependents
- Confidential

Accessible by...

- Toll-free telephone 888.993.7646
- Online at www.directionseap.com

A valuable resource...

- Consultation with a WorkLife professional
- Referral to local providers and national services
- Comprehensive resource library of materials
- Online interactive training sessions

The WorkLife Consultants are experts in their field.

Each has received specialized training to provide you with the best and most knowledgeable service available.

Consultants are available 24/7 to help you find the resources and services you need:

- Family life issues
- Fertility and adoption issues
- Pre-K through College education information
- Support for healthy lifestyle changes
- Options for older adults, and
- Everyday living challenges

Let's look at the WorkLife Option

By phone

Simply call the toll-free telephone number to talk to a DIRECTIONS WorkLife consultant.

888.993.7646

Ask your consultant to research your topics of interest for you.



Have your results delivered to you...
 within 12 business hours
-6 business hours for emergency requests

by email, fax, or priority mail
-whatever is most convenient for you

Your custom results package can include:

- A handbook that outlines your topic of interest.
- Checklists to help you complete your task.
- Reference lists for prospective providers.
- A list of questions to ask prospective providers.

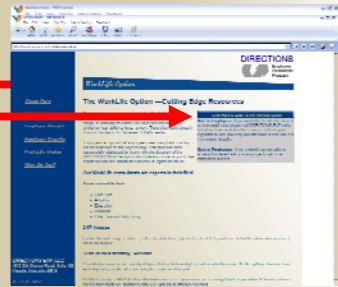
All designed to save you time, and help you make an informed decision.

Call a DIRECTIONS WorkLife consultant today.

Access the WorkLife Option through the DIRECTIONS EAP website
www.directionseap.com

Click the WorkLife Option button

Login to the WorkLife Option using your company's secure user name and password.




The left-hand column provides a Resource Center which provides information on thousands of issues related to everyday living.

- Family and Caregiving
- Emotional Well Being
- Health and Wellness
- Working Smarter
- ...and more!

Not sure what to look for?

Click any topic and a list of options will appear, which will help you refine your search.



Quick jump makes it easy to find what you are looking for fast!

Advanced Directive find forms for all 50 states

Locate providers such as medical, childcare, and pet care


Live Connect! 24/7 Online Access to WorkLife Consultants

Saving center find coupons and discounts for shopping needs

Learning center calculators, self tests, and interactive training

Monthly Webinars plus archived sessions anytime.

The right-hand column provides quick access to our most asked for resources.



- Always changing!
- Always current!
- Always relevant!

Be sure to check monthly for featured articles and news clips on a variety of life topics.



The WorkLife Option

from

DIRECTIONS
 Employee Assistance Program

