



Heluna Health®

EMPOWERING POPULATION
HEALTH INITIATIVES SINCE 1969

LifeWorks

LifeWorks EAP

EAP Is Free For Employees...

EMPLOYEE ASSISTANCE PLAN (EAP)

Life can be complicated.
Getting help can be simple.

**EAP can help
turn problems
into solutions.**

**LEGAL
ASSISTANCE**

**BEHAVIORAL
HEALTH**
Alcohol & Drug Abuse
Anger Management

MARITAL
Conflicts/Separation/
Divorce 24/7
Resource

Unlimited Telephonic Access

Unlimited Online Access

**Clinically Approved Counseling
AND... Confidential**

GRIEF & LOSS

Online at:
www.login.lifeworks.com
Username: **helunahealth**
Password: **lifeworks**
Toll free: **800-433-7916**

**WORK
RELATED
STRESS**

I'm not getting
along with my
co-worker

It's so hard for
me to get out
of bed...

Why do I feel
anxious all
the time?

Money issues
are creating
conflict in my
relationship

Need
referral for
a caregiver

I need help
with my
teenager!

**ELDER
CARE**

PARENTING
Resources & referrals
for childcare, after
school programs, camps,
adoption service

FINANCIAL
Debt Counseling or
Retirement Planning

Call Heluna Health's dedicated number at

877-371-2455



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Welcome to LifeWorks

Feel supported and connected with a confidential Employee Assistance Program and innovative wellbeing resource



Life can be complicated. Get help with all of life's questions, issues and concerns with LifeWorks. Any time, 24/7, 365 days a year.

LifeWorks offers support with mental, financial, physical and emotional wellbeing. Whether you have questions about handling stress at work and home, parenting and child care, managing money, or health issues, you can turn to LifeWorks for a confidential service that you can trust.

Life

Retirement
Midlife
Student life
Legal
Relationships
Disabilities
Crisis
Personal issues

Family

Parenting
Couples
Separation/divorce
Older relatives
Adoption
Death/loss
Child care
Education

Health

Mental health
Addictions
Fitness
Managing stress
Nutrition
Sleep
Smoking cessation
Alternative health

Work

Time management
Career development
Work relationships
Work stress
Managing people
Shift work
Coping with change
Communication

Money

Saving
Investing
Budgeting
Managing debt
Home buying
Renting
Estate planning
Bankruptcy

Call us

1-877-371-2455



Log in with LifeWorks today

Go to helunahealth.lifeworks.com OR download the mobile app

Username:

Password: