



## Download the LifeWorks app.

Feel supported and connected wherever you are.

With the innovative LifeWorks app, you can access qualified support for your mental, physical, social and financial wellbeing, any time, from anywhere.

- Search for resources and tools on topics ranging from family and life to health, money and work
- Stay connected to your organization through the News Feed
- Receive support on your own schedule with CareNow
- · Access the Total Wellbeing Assessment to help identify your wellbeing strengths and opportunities for improvement

What's more, the app acts like your digital wallet card. You can call an **Employee Assistance Program (EAP)** advisor with just one tap – toll-free, 24/7 – for expert advice, resources and referrals.

## Download the LifeWorks app today for convenient access to wellbeing support!

- 1. Download the free app on Android or iOS simply search for 'LifeWorks'
- 2. Watch your email inbox for instructions on how to sign up for LifeWorks.





Call us, 24/7: 1-800-433-7916