



# WorkLife4You

## Life is Challenging!

You've got a lot going on. Fortunately, you have access to WorkLife4You— an agency-paid Work/Life benefit designed to help you and your household members better manage daily responsibilities and life events. Here's how WorkLife4You can help:

### 1) Counseling for Everyday Challenges

WorkLife4You can seamlessly connect you to your EAP for confidential counseling to assist with practical issues such as child and adult care, education, and daily responsibilities— as well as emotional health issues such as depression, relationships, conflict, addictions, stress, etc.

### 2) Get Personalized Referrals

WorkLife4You will refer you to child and adult care providers, fitness centers, schools, adoption resources, home improvement professionals, pet care, and more—all with confirmed availability. Plus, face-to-face counseling for emotional health issues is also available in your area.

### 3) Request Free Educational Materials

Read up-to-date info on child care & parenting, pregnancy & adoption, adult care & aging, fitness, losing weight, budgeting, relocation, college prep, pet care, stress, depression, and more.

### 4) Access Interactive Tools

Log on for quick tips, in-depth articles, webinars, social networks, blogs, podcasts, audio tips, streaming videos, and more.

### More Benefits from WorkLife4You

**Free in-person elder care assessment** from a Professional Geriatric Care Manager

**WorkLife4You Kits** containing free products and information:

- **Prenatal Kit** for expecting parents
- **Child Safety Kit** for parents of toddlers
- **College Kit** to help parents and their college-bound children manage the transition
- **Adult Caregiver's Kit** for seniors and their caregivers
- **Be Well Kit** to help you achieve a healthier lifestyle

**Huge savings on brand-name products** and services nationwide via LifeMart, the online Discount Center

Limits may apply; contact WorkLife4You for details.

### Contact WorkLife4You 24/7!

Call or login today. Specialists are standing by to assist you.

**1-877-WL4-NOAA (1-877-954-6622)**  
(TTY 800-873-1322)

**[www.WorkLife4You.com](http://www.WorkLife4You.com):**

- Look for the **"Already a member?"** box
- Not a member yet? Follow the "Register" link and enter Registration Code: **NOAA**
- **Trouble logging on?** Call the WorkLife4You Help Desk: 888.604.9565

