



FEDERAL OCCUPATIONAL HEALTH

Work/Life Program

Federal Occupational Health's (FOH) Work/Life program, WorkLife4You, helps employees better manage their work and personal responsibilities and reach higher levels of personal achievement and satisfaction – both on and off the job.

What are the benefits?

- **Improved** work/life balance
- **Complete** confidentiality
- **Available** 24 hours a day, 7 days a week, 365 days a year

“Without your service, I would have agonized over finding day care for my infant and I probably would not have gone back to work!”

Federal Employee

“I was anxious to find a new nursing home for my father. WorkLife4You allowed me to focus on the nursing homes that met his needs. The program helped to alleviate my anxiety, plus it saved me a lot of time.”

Federal Employee

Fast Facts

- **Support** – 54% of Federal government employees report having child care and/or adult dependent care needs (U.S. Office of Personnel Management).
- **Results** – On average, WorkLife4You saves employees more than 11 hours per request, which translates into significant productivity gains.
- **Satisfaction** – Overall 95% satisfaction rating from program participants.

We care, just call.
800.457.9808
www.FOH.hhs.gov/FS

How can a Work/Life program benefit my Federal agency?

A Work/Life program can boost your agency's productivity by providing employees with the resources and tools they need to effectively manage their responsibilities at work, at home, and in their communities.

How can employees access WorkLife4You?

Employees can call 24 hours-a-day to speak with bachelor's and master's-level work/life specialists. Program specialists have expertise in numerous fields including child development, gerontology, education, finance, and law, and will provide personalized guidance to meet each employee's specific needs.

Can this program help employees manage caregiving obligations?

FOH's WorkLife4You program provides employees with trusted child and elder care resources; emergency backup care options; caregiver counseling and education; and transportation resources. In addition, our Geriatric Care Management program provides in-home care assessments, facility reviews, post-hospitalization assessments, and coordination of continued care.

What online resources does WorkLife4You provide?

WorkLife4You.com is the FOH Work/Life program's customizable, interactive, and user-friendly Web site. Employees and their family members can instantly access work/life balance tips and checklists, seminars and Webinars, podcasts and videos, health encyclopedias and medical animations, child development trackers, and searchable databases. Online discussion groups on parenting, adult caregiving, and career development are also available.

What support for financial and legal concerns does WorkLife4You offer?

WorkLife4You provides access to financial planning professionals who can help employees with budget, credit, debt management, mortgage, bankruptcy, and foreclosure issues. Licensed attorneys provide consultation and prepare documents for legal issues such as divorce, estate planning, and living wills.

