



LifeWorks
by Morneau Shepell

LifeWorks

Employee Assistance Program

Orientation & Demonstration

Girl Scouts of the United States of America





Employee Assistance Program

24/7_365 access to support and resources

No cost to you or your dependents

Confidential consultations and referrals

Emotional Health

Financial and Legal

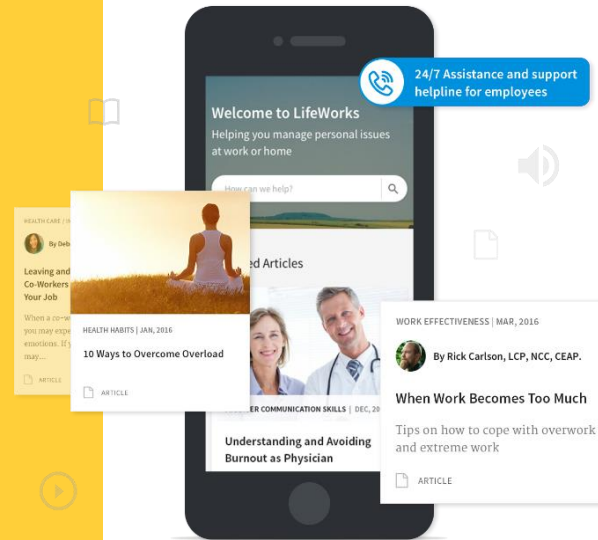
Life Coaching

Elder Care, Disabilities, Special Needs,

Work Issues, Management

Everyday Matters

Online resources for self-care and education



English: 866-695-6327

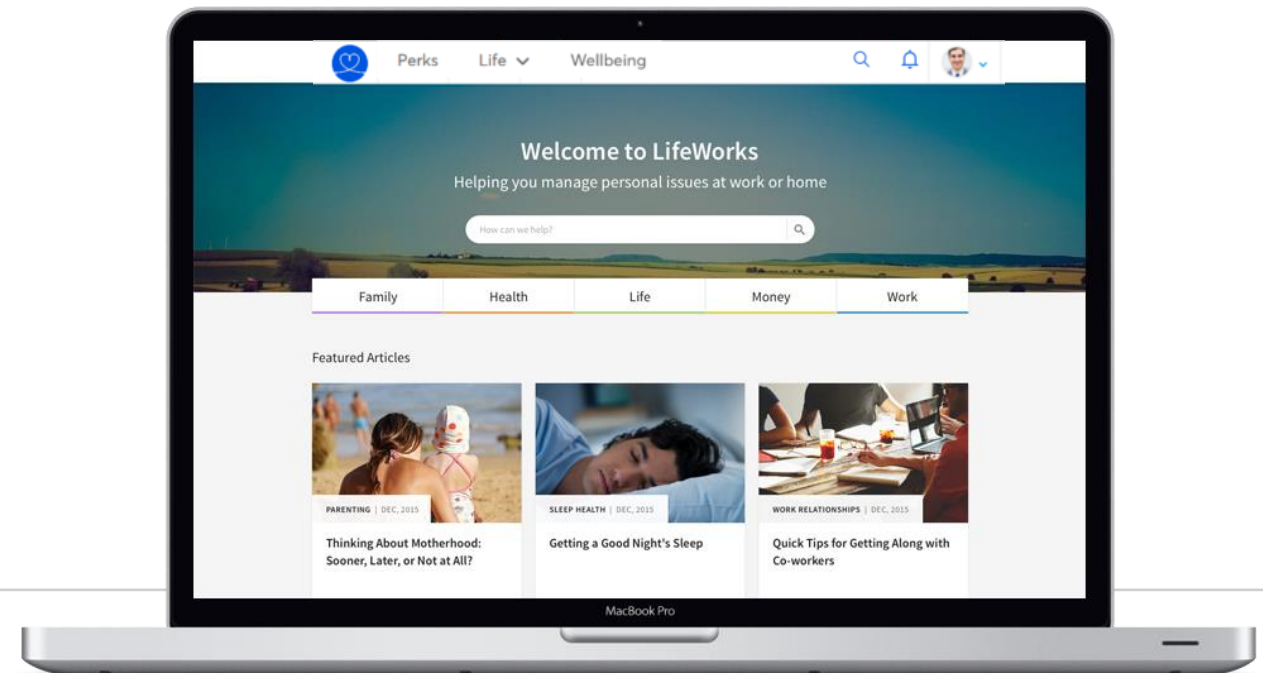
Spanish: 866-695-6327

TTY:(800) 999-3004

login.lifeworks.com

Username: girlscouts

Password: lifeworks



How LifeWorks Can Help

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



Life

- Retirement
- Midlife
- Student life
- Legal
- Relationships
- Disabilities
- Crisis
- Personal issues

Use preventative services BEFORE your need becomes an urgent issue !



What applies to your life ?
Can you help others ?

Multiple modalities increase engagement and improve outcomes

We understand that choice is key in engaging multicultural and multigenerational needs and preferences.



Accessibility



Choice



Confidentiality



Chat



Online services



Video counseling



Telephonic Life Coaching



My EAP App



Physical Fitness



Telephonic counseling



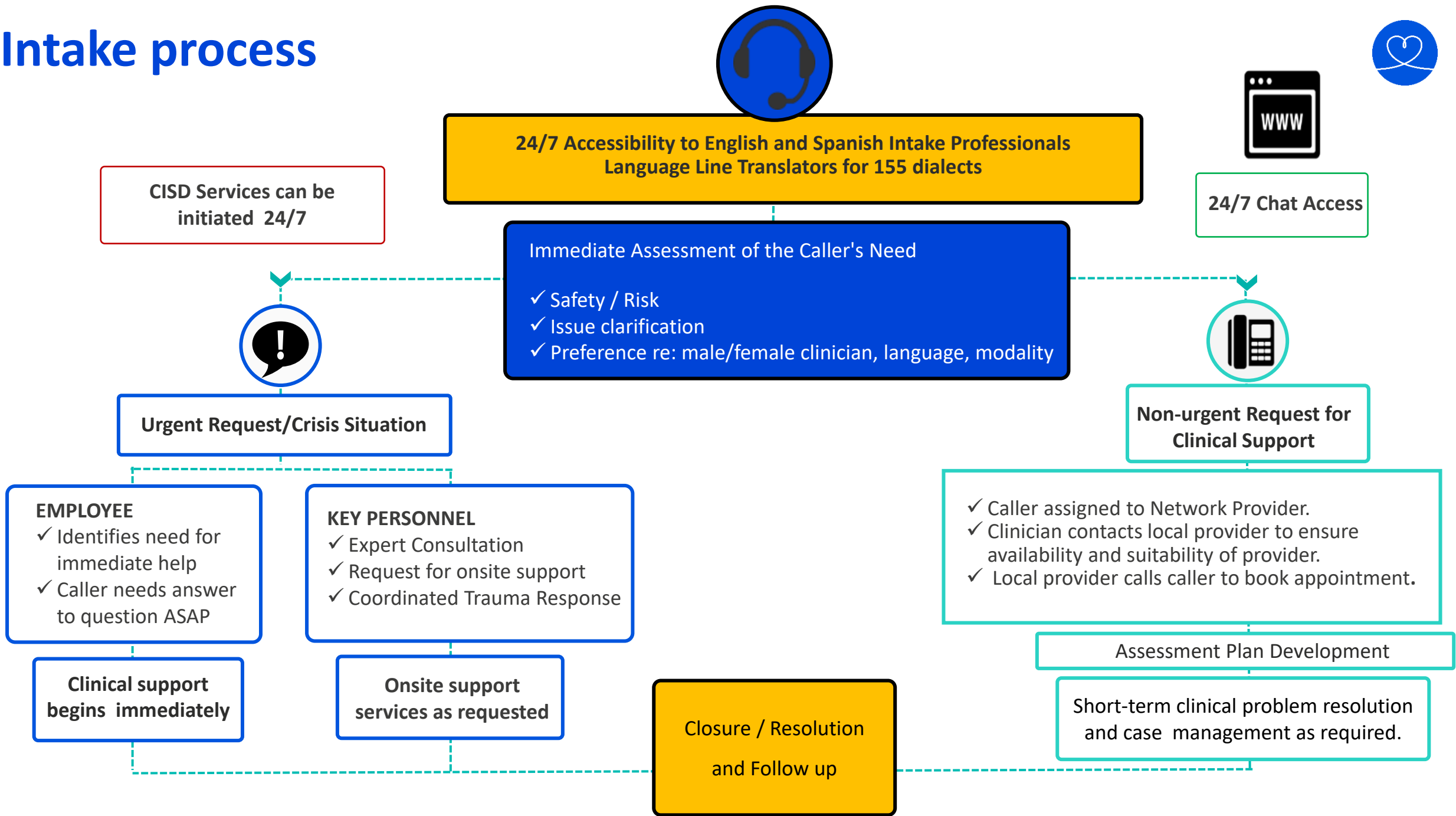
In-person counseling



Available to your family members



Intake process



24/7 Consultations . Confidential . No cost to you.



LifeWorks advisors provide expert guidance and practical work-life services, referrals to counselors and other specialists, and connections to community resources.

Areas of
support

Physical
Emotional
Mental
Health

Child care
Elder Care
matching

Support and
strategies for
work, life,
health, family
& money

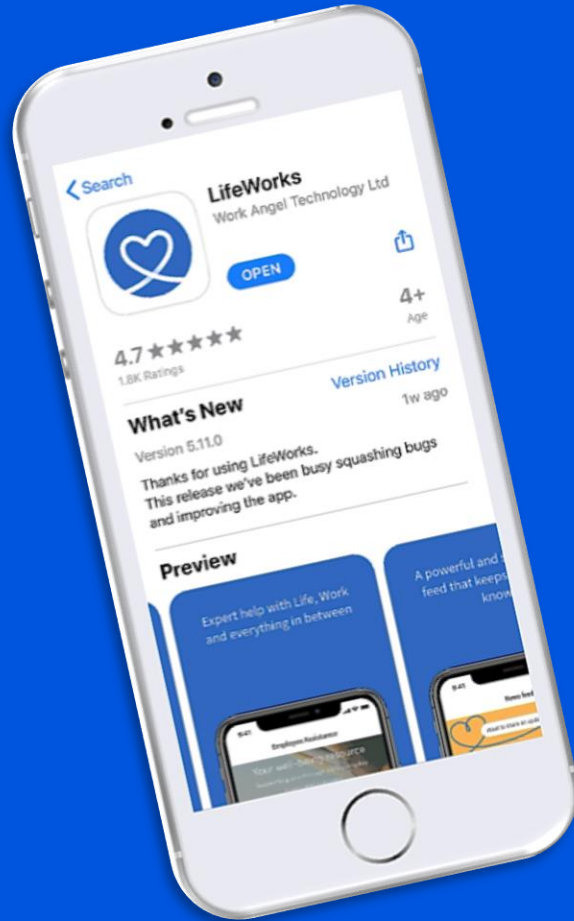
Recommended
resources on
the LifeWorks
platform

Disabilities
Special Needs
Adoption
Education

Financial & Legal
Consultations

Management
Consultations

Counseling
&
Life Coaching



LifeWorks Total Well-being Platform: Online Resources



Modern Employee Assistance Program (EAP)



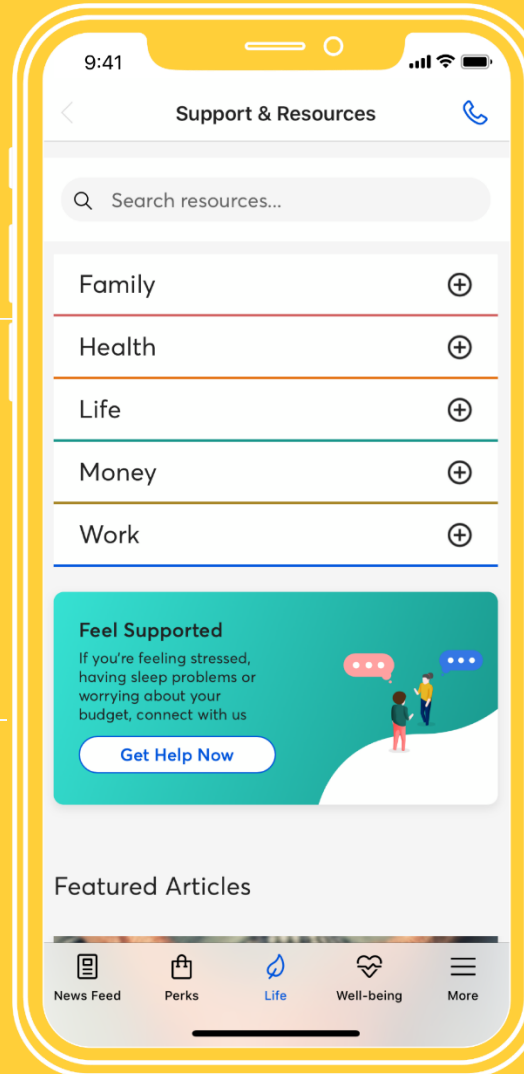
Receive support from specialists in financial and legal, child care and elder care, future planning and debt support, retirement and more.

Access to 24/7 Specialist Counseling

Get immediate access to specialized professionals in counseling, social work, human services, and psychology.

Well-being Content

Feel empowered with over 8,000 well-being articles, podcasts, videos, and comprehensive toolkits.



Multiple counseling options

Confidential and secure virtual counseling sessions include video and tele support options.



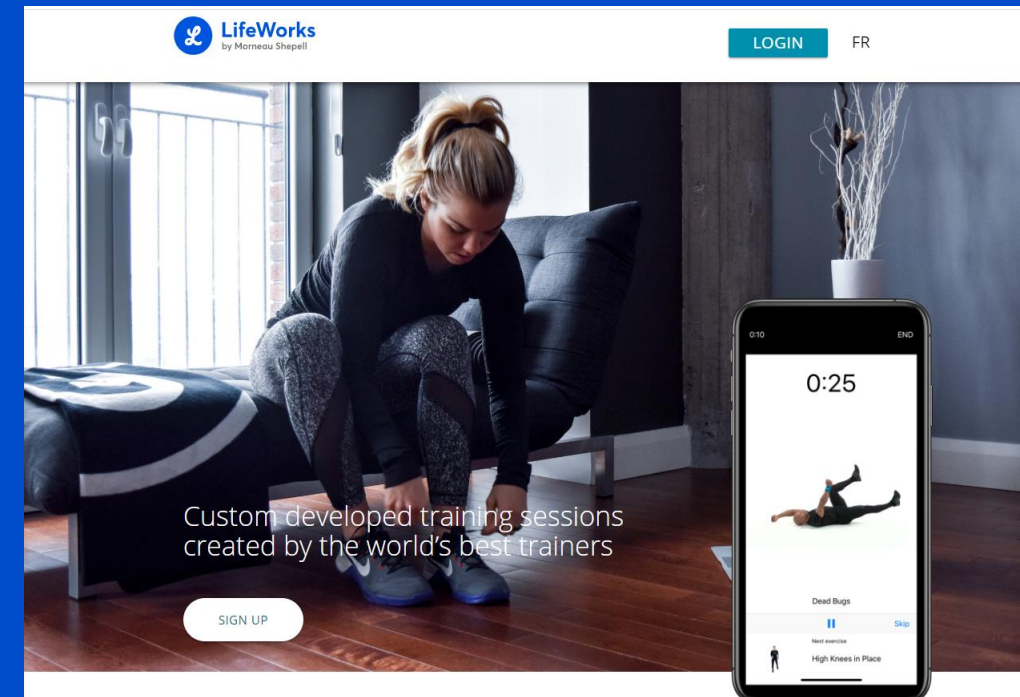
LIFT Virtual Fitness



Custom developed training sessions created by the world's best trainers.

LIFT provides a full suite of fitness offerings that make working out exciting, easy and efficient. It's like working out at your preferred gym or studio without ever stepping foot outside your house.

- Custom Programs created by certified experts to help you reach your goals
- Life chat with experienced fitness professionals to help you every step of the way
- Workout from anywhere with maximum efficiency



Snackable Wellbeing



Desktop View:

- Navigation: News Feed, Life, Assessments
- Header: Admin
- Main Content:
 - Turn Out the Lights & Turn Off Your Thoughts**
Your daily snack of well-being
 - Start an assessment**

Mobile View:

- Time: 10:07 AM, Battery: 99%
- Section: News Feed
- Buttons: Get Support, Start an assessment
- Content: Turn Out the Lights & Turn Off Your Thoughts (Your daily snack of well-being)
- Text: If you're ready to stop tossing and turning and can't seem to get the sleep you need, this is the perfect book for your nightstand.
- By Colleen E. Carney, PhD, Director, Ryerson University Sleep and Depression Laboratory
- Buttons: Start Reading, Read Now
- Footer: News Feed, Life, Well-being, More

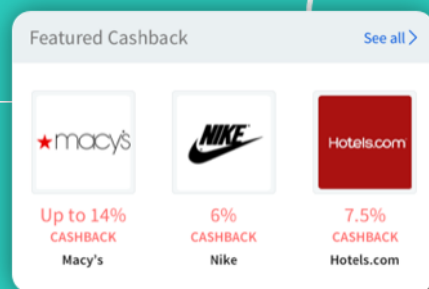
Callout: Snackable Wellbeing (points to the 'Read Now' button)

Perks & Savings



Cashback

Cashback at over 700 brands – paid directly into your LifeWorks digital wallet

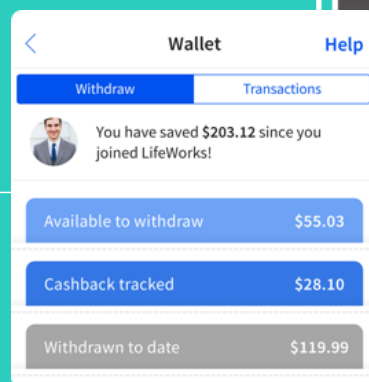


Exclusive Offers

(exclusive employee perks)

Digital wallet

(cashback funds)



Exclusive Offers

Abc Insurance

Vision Insurance

Up to \$50 on Vision Insurance that's clearly different

Apple

Up To 10% Off In-Store

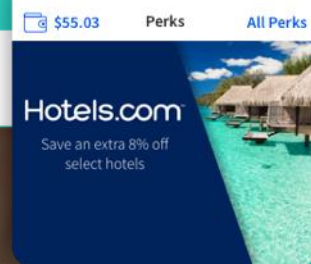
Quote code 'LifeWorks EPP' to the cashier in-store

Abc Insurance

Dental Insurance

Free dental insurance when you choose upgrade your plan

Abc Insurance



Discounts on Key Life Events

Moving, buying a car, raising a child, healthy eating



Save up to 10% instantly with over 100+ brands including Best Buy, Lowe's, Gap, Target and many more.

Demo of login.lifeworks.com

