



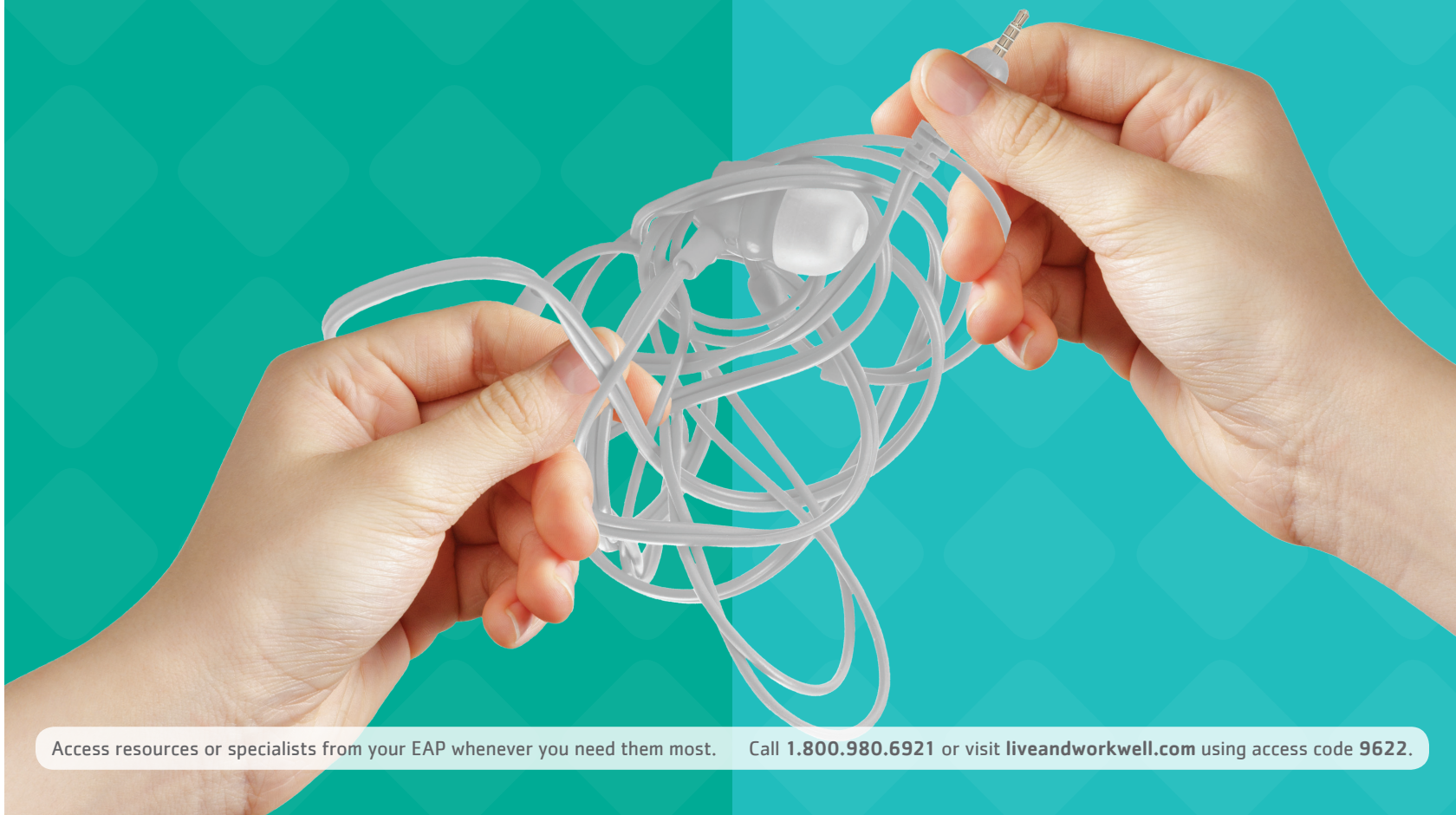
FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA EMPLOYEE BENEFITS

A nonprofit benefit Plan exclusively
serving YMCAs since 1970.

If you're not sure where to start, start here.

Sometimes, life throws us curveballs. Whether it's an unexpected health diagnosis, stress at work or home, or simply trying to find a reliable electrician, your **Employee Assistance Program & WorkLife Services** benefit with YMCA Employee Benefits can help. Take advantage of all of the tools and resources you have available as part of this benefit to help make life less complicated—from the little things, the big things, and everything in-between.



Access resources or specialists from your EAP whenever you need them most. Call 1.800.980.6921 or visit liveandworkwell.com using access code 9622.

Need someone to listen?

From dealing with stress, health concerns for a loved one, or preparing for a stable financial future, your Employee Assistance Program has specialists who can help with all kinds of challenges. Available any time, day or night, call to speak with an EAP specialist who can provide you with immediate help over the phone, or direct you to a provider for a no-cost, face-to-face consultation.¹

Hoping to find more balance in your life?

Who doesn't struggle with this from time to time? Positive relationships. Life satisfaction. Goal setting. Most of us are constantly trying to find the right balance at both work and home for overall well-being. The Live and Work Well website has a library of great resources on a variety of topics that can help you focus on improving both your mental and physical health—from healthy aging, brain health, nutrition, sleep, and mindfulness.

Want to learn about educational opportunities?

Whether your child is just starting pre-school, headed off to college, or if you are looking at continuing your education, get access to a library of resources to help you read up on your options, including:

- Alternative educational programs
- Career counseling
- Special needs programs
- Adult education classes
- Private school resources
- Homeschooling
- Schools and/or programs for at-risk youth

Having trouble navigating the legal system?

Finding your way through the legal system can be complex, use your EAP benefit to find the right professional for your legal needs. Schedule a 30-minute legal or mediation consultation for no additional cost² to get help on a variety of legal challenges—from fighting traffic tickets to reviewing contracts, or even updating a will.

Need to fine-tune your finances?

Having a solid plan and addressing your finances early in your career can help you prepare for a healthy financial future for you and your family. Your EAP benefit includes a variety of resources, tips, and articles to help get you thinking about topics like:

- Budgeting
- Credit and debt management
- Retirement or estate planning
- Saving and/or investing

Struggling to navigate a rocky relationship?

All relationships can become complicated. Whether you're having trouble communicating with a significant other, challenges with other family members, or struggling to see eye-to-eye with co-workers or your boss, it can be tough to navigate your relationships with others when things aren't sailing smoothly. Access a number of online resources for general relationship and communication tips. Or schedule an appointment with a therapist or counselor for up to three in-person visits for no additional cost.¹

Just need to simplify your to-do list?

Finding convenience services like travel resources, car and home repair, a pet sitter, or family and parenting resources, is easy to do with WorkLife Services. Specialists will conduct a search based on your needs and then provide a list of vetted options that include details like price, credentials, and contact info.

Consultations with credentials

Financial professionals are available for phone consultations at no additional cost³ and can address a wide array of concerns you may have. Schedule an appointment to speak with an experienced, credentialed financial coach concerning budgeting, 401K, IRA or HSA questions, retirement and estate planning, taxes or bankruptcy.

Who is eligible for this benefit?

Employees enrolled in a medical plan from YMCA Employee Benefits are automatically enrolled in our Employee Assistance Program and WorkLife Services benefit. Spouses, domestic partners, dependent children (including students away at school), and any household members of the enrolled employee are also eligible for the services available through your EAP.

¹ Includes up to three in-person visits per issue, per year with a network provider.

² Includes one 30-minute legal consultation per issue, per year, with a 25% discounted rate on ongoing representation. Some exceptions apply. Cannot be used for issues with an employer, health insurer, or health care provider.

³ Includes one 30-60 minute telephonic consultation per issue, per year.

Services beyond initial included consultations may incur additional charges.

FOR THE LITTLE THINGS THE BIG THINGS AND EVERYTHING IN-BETWEEN



ONLINE
liveandworkwell.com
access code 9622



ON THE PHONE
1.800.980.6921

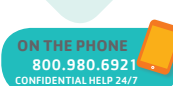


FACE-TO-FACE
3 in-person sessions¹

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ANYTIME, ANYWHERE.

Keep one of these cards in your wallet or on your fridge for convenient access to your **EAP & WorkLife Services** benefit when you need it most.



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