

## Beacon Wellbeing



# Work/Life benefits

You and your family have access to your employee support program to help balance life's challenges. When you call the toll-free number, a consultant will respond to your request for support and referrals thoroughly and promptly. Online you'll find resources, articles, locators, links, and interactive tools.

#### Service overview

- · Accessed by phone or website
- Available any time, any day
- Always confidential
- · No cost to you or your family to use the service

## Child care resources

- Help finding and choosing child care
- Assistance locating summer/holiday care
- Resources for special needs child care

## **Parenting resources**

- Family planning, including infertility and adoption
- Pregnancy care
- Improving sibling relationships
- · Single parenting and blended families

## **Education resources**

- Preschool options and K-12 information
- GED/vocational and continuing education information
- · Learning disabilities
- Tutors and test preparation
- **Education financing**

#### Adult care resources

- · Care for older adults including home care, assisted living, nursing homes and special needs
- Home safety
- · Navigating Medicare and Medicaid services
- Hospice information
- Transportation services
- Paying for care and caregiver support

## **Daily living resources**

- Travel and recreation
- · Pet care
- Housing locator services
- Home improvement services
- · Automotive services
- Relocation help
- Health and wellness

## Career resources

- · Skill building and career training
- Interviewing techniques
- Stress management
- · Transition and relocation

