



**Beacon Wellbeing** is an employee assistance program (EAP) that provides you with personalized guidance and support to help improve your overall health and wellness. Confidential, expert support is available 24/7 at no cost to you.

 [pge.mybeaconwellbeing.com](https://pge.mybeaconwellbeing.com)  **888-445-4436**



Beacon Wellbeing

# Support with work-life balance

## Here to help you and your household

When our work and personal lives have an impact on one another, it can be difficult to maintain a good work-life balance. Let your EAP benefit help by providing information and resources on setting priorities, managing your workload, protecting your private time, looking after your health and well-being, simplifying your life and more.

- Confidential support services provided 24/7 via phone or web
- Articles and tip sheets on stress and resilience, time management, workplace communication and how to unplug
- Audio and video on exercise, meditation and other wellness topics
- Referrals to contractors, chore services, caregivers and community resources
- Information on local recreation, entertainment and personal services