

WORK LIFE 4 YOU



1-800-222-0364
WorkLife4You.com

MAKE LIFE WORK FOR YOU

If you struggle to manage important events in your life while also meeting the demands of your job. In addition, major life events, such as having a baby, going to college, caring for an aging loved one, or planning for retirement, can be overwhelming because they compete for your valuable time at work and at home. Get the support you need with **WorkLife4You**, a comprehensive resource and referral program available **at no cost to you**.

ASSISTANCE AROUND THE CLOCK

WorkLife4You's trained specialists and robust website can answer questions, provide information, and help you find a wide variety of resources and services quickly.

ACCESSING WORKLIFE4YOU VIA PHONE

Call 1-800-222-0364

You'll be connected right away to a highly trained WorkLife4You specialist who is ready to help.

After discussing your unique needs, the specialist will then locate resources by customizing a search, saving you time.

Specialists are standing by to assist 24 hours a day, 7 days a week.

ACCESSING FOH4YOU ONLINE

Visit us at WorkLife4You.com.

Click the "Not registered yet? Start Now!" link.

Enter registration code:

USDAFS

Follow the on-screen instructions for the one-time registration.

ADVANTAGES OF WORKLIFE4YOU.COM

Receive continuous news and information about topics of interest

Access more than 60,000 pages of information on everyday issues, such as child care, parenting, education and relocation

Search the database for an instant listing of providers in your area (child care, colleges, nursing homes, and more)

Let a specialist conduct a customized search for you and send you personalized referrals that best meet your needs

SOME OF THE RESOURCES AVAILABLE THROUGH WORKLIFE4YOU HEALTH AND WELLNESS

- ▶ Children's health
- ▶ Diet and nutrition
- ▶ Emotional health
- ▶ Fitness
- ▶ Medications
- ▶ Prenatal health
- ▶ Safety
- ▶ Senior health

FAMILY

- ▶ Adoption
- ▶ Aging loved ones
- ▶ Backup Care Connection®
- ▶ Child care
- ▶ Grandparents
- ▶ Funeral planning
- ▶ Parenting
- ▶ Prenatal
- ▶ Special needs
- ▶ Summer programs
- ▶ Work and family

EDUCATION

- ▶ Financial aid
- ▶ Nursery through graduate school
- ▶ Special education
- ▶ Gifted and talented programs

WORK

- ▶ Career development
- ▶ Change and transitions

FINANCIAL/LEGAL

- ▶ Credit/debt management
- ▶ Insurance
- ▶ Personal finance
- ▶ Real estate and loans
- ▶ Social security
- ▶ Taxes
- ▶ Estate planning
- ▶ Retirement planning

DAILY LIFE

- ▶ Travel
- ▶ Pet care
- ▶ Moving/relocation
- ▶ Home improvement
- ▶ Automotive services
- ▶ Consumer information

LET WORKLIFE4YOU HELP

WorkLife4You understands that managing your daily responsibilities and life events can be a real challenge at times.

WorkLife4You will help you maximize your time and energy, while minimizing stress, and discover an easier way to balance priorities in your life.

WorkLife4You is a voluntary and confidential benefit available to federal employees and their family members at no cost.

