

# EAP (Employee Assistance Program)





# Support & Resources

## Feel Supported

If you're feeling stressed, having sleep problems or worrying about your budget, connect with us confidentially

Chat



**(877) 849-6034**



Toll-free

**(888) 732-9020**



Toll-free



# Employee Assistance Program

LifeBalance is a service designed to help you with all of life's questions, issues, or concerns. Through LifeBalance, you have access to a range of services including helpful resources across a wealth of online content and tools and a toll free phone number. LifeBalance is available 24 hours a day, and is provided at no cost to you.

LifeBalance

Expert Help with Life, Work and Everything in Between.

## Life

- Retirement
- Midlife
- Student Life
- Legal
- Relationships
- Disabilities
- Crisis
- Personal Issues

## Family

- Parenting
- Couples
- Separation/Divorce
- Older Relatives
- Adoption
- Death/Loss
- Childcare
- Education

## Work

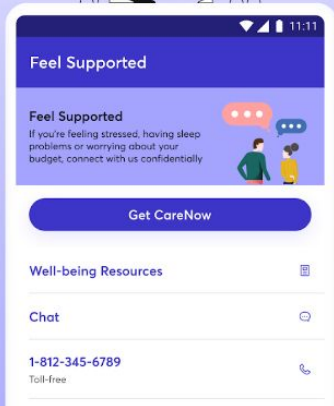
- Time Management
- Career Development
- Work Relationships
- Work Stress
- Managing People
- Shift Work
- Coping with Change
- Communication

## Money

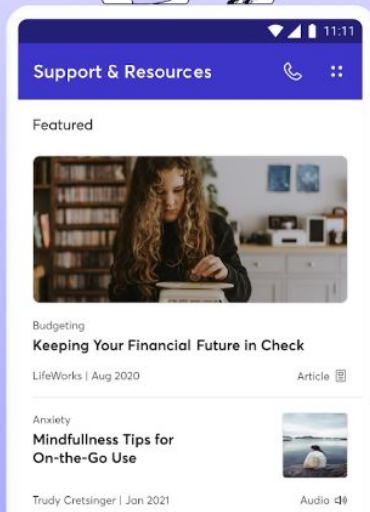
- Saving
- Investing
- Budgeting
- Managing Debt
- Home Buying
- Renting
- Estate Planning
- Bankruptcy

# Download the App

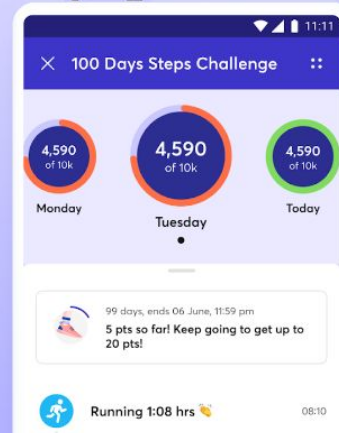
Reach out when you need wellbeing support 24/7



Articles, podcasts, videos and more for everyone



Challenges that inspire you to be healthy



## LifeWorks

LifeWorks by Morneau Shepell

4.5★  
2.33K reviews

100K+  
Downloads

E  
Everyone

Install

Add to wishlist



# Professional Support

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Call: 1-877-849-6034

Visit: [lifebenefits.com/LFG](https://lifebenefits.com/LFG)

Username: LFG

Password: resources





# LEASING OFFICE

14215

Discounts & Perks





# Employee Discounts/Perks



## Exciting Exclusive Offers

Take advantage of our exclusive offers where you will find great deals.



## Support Requests and FAQs

Using a personal account allows us to respond to any support inquiries you may have.



## CareNow Programs

Feeling stressed, having trouble coping with depression or anxiety? We have a program to support you, anytime, anywhere.



## Wellbeing Assessments

Use our daily wellbeing playlist to become a healthier and happier you.

# Exclusive Offers

Exclusive Offers | Perks

**\$400 Off**

13" Aslan Mattresses

Shop Now



**Preferred Pricing  
On The Latest...**

Apple (Electronics) -  
Available Online. Click



**Save 50% Off  
Enrollment!**

LA Fitness (Gym) -  
Available In-Store.



**\$0 Activation &  
Save 15% On...**

Anytime Fitness (Gym)  
- Available In-store.



**10% Off Prudent  
Pet Insurance**

Prudent Pet  
(Insurance) - Available



**Save On Tickets!**

Disneyland  
(Entertainment) -



**15% Discount**

Ray-Ban - Available  
online. Click 'Get Deal'



# Shop Today

Exclusive Offers | Perks

**Special offer**

discount of 30% OFF!

Shop Now



Contact LifeBalance toll-free  
for 24/7 support:

877-259-3785

TTY

800-999-3004

Visit us online:

[www.lifebalance.net](http://www.lifebalance.net)

[Click HERE](#)

User ID:

lifebalance

Password:

lifebalance