

Feel supported, connected and rewarded.



LifeWorks is an exciting and innovative well-being solution that:

- Supports you with a confidential **Employee Assistance Program (EAP)** and well-being resource, available 24/7 by phone, online, and by mobile app.
- Celebrates great work with **Recognition** and keeps everyone connected with a social **News Feed**.
- Rewards you with a range of special offers and **Perks**, helping you save money on daily essentials and luxury brands.

Watch for your one-time sign-up instructions to create your personal account on the LifeWorks platform.

Online:

Download the free app for iOS or Android - simply search for 'LifeWorks'.



For EAP services, we are here for you any time 24/7:

Toll-free:

En español:

Share LifeWorks with your family!

You can invite eligible dependent family members to access confidential help and advice on hundreds of topics available on the LifeWorks platform. Simply access the LifeWorks website, then under "Profile" select "Family" and "Invite Family Members".