



If you juggle many roles daily such as partner, parent, employee, caregiver, friend, etc., there are times when a little help can go a long way to maintaining healthy relationships. Your program provides free, confidential resources to help you with relationships in different life stages.

- Starting out in the workforce
- Getting engaged and planning a wedding
- Navigating new relationships

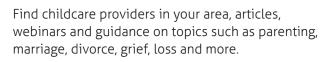
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- Maintaining long term relationships
- Being a parent
- Going through divorce
- Preparing for retirement

## What can your program help with?

Identify the relationship issues you need help with
such as stress and anxiety, communication and
conflict, work-life balance and more.



Save on childcare, household services, vacation planning, entertainment, dining out and more.

Help with financial issues such as buying a home or car, paying off debt, planning for retirement, etc.

Support with family law, custody negotiations, creating a will, estate planning, etc.

Learn how to control anxiety, reduce stress, balance intense emotions, sleep better and much more.

## What resources are available?

**Counseling:** Your program offers 4 visits per issue, per year. Counseling is available to you and your household members in-person, by text message, live chat, phone or video conference.

Work-Life Web Services: Webinars, live talks and articles that offer insights and strategies focused on key life events and day-to-day challenges.

**Discount center:** Hundreds of deals on nationally recognized, brand-name products and services.

**Financial wellness:** Meet with a Money Coach for 30 minutes up to three times per topic, per year.

**Legal services:** One free 60-minute consultation with an attorney. Find out more about these issues on the member website.

Digital emotional wellness tools: Interactive, self-paced programs on dozens of life topics.

Help is available. Contact your Employee Assistance Program by phone at 1-800-327-6754 (TTY 711) or go online to MagellanAscend.com to get started.

