

WORKLIFE SOLUTIONS.

A range of benefits to support you in everyday life including an Employee Assistance Programme (EAP) and a Health Risk Assessment (HRA) tool.

LIFE IS FULL OF CHALLENGES.

Whether it's your health, finances, personal or work life, there are plenty of issues that can affect you daily.

Ask yourself, am I stressed? Am I not coping as well as I usually do? Do I feel irritable, tearful, unable to concentrate or tired all of the time? Are you worried about money, a family member, your health or your relationship? These could all be signs that you may benefit from some extra support in your life.

Worklife Solutions includes an Employee Assistance Programme (EAP) and a Health Risk Assessment (HRA) tool to give you the right support when you need it. Both these services are provided by Health Assured Ltd.

The EAP is designed to be a positive, preventative programme. It includes information, advice, training and services to help you deal with events and issues in your everyday work and personal life.



Speak to someone

Available 24 hours a day, get in touch with a specialist professional 365 days a year.



FREEPHONE 0800 316 9337

HOW CAN WORKLIFE SOLUTIONS HELP?

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| Telephone support | An independent, confidential and unlimited 24/7 service. Provided by specialist professionals who offer practical advice on stress, anxiety, family and relationship matters and many more issues. |
| Online Cognitive Behavioural Therapy (CBT) | CBT is a treatment recommended by the National Institute for Health and Care Excellence (NICE). It focuses on patterns of thinking which can result in anxiety or low mood. This self-help online tool is only provided following clinical approval, typically with four telephone support calls. |
| Bereavement support | Specialist professionals provide emotional support to help with grief, feelings of loss or anxiety and related stress. If unfortunately you die while employed by the company, your immediate family can also benefit from face-to-face counselling and practical help with, for example, wills, power of attorney, state benefits, debt management and dependant care. |
| Legal information service | Free information on issues that cause anxiety or distress including debt management, accountancy, lawsuits, consumer disputes, property or neighbour legalities. However, given the sensitive nature we are unable to provide any advice regarding employment law. Please note this service does not give legal advice. |
| Medical information | Recommendations, practical information and advice on medical or health-related issues from qualified professionals. |
| Online support | Access to fact sheets, legal guides, manager guides, links and podcasts on how to cope with life events such as buying a house, giving up smoking or coping with stress. |
| Health Risk Assessment (HRA) tool | A tool that enables you to set and track goals to improve your health. Employer code to access the HRA tool: worklife |
| Telephone access | 0800 316 9337 |
| Online access | To access all of the information and the HRA tool, please visit www.legalandgeneral.com/eap Access code: worklife Password: worklife |

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