

## Work/Life Program

The demands of daily life can impact your employees' well-being and performance. Federal Occupational Health's (FOH) work/life program, WorkLife4You, helps government employees better balance their responsibilities—at work, at home, and in their communities.

### Any Issue Big or Small

WorkLife4You addresses your employees' most common caregiving challenges and daily life needs. Our robust service suite provides resources, information, and expert consultation to tackle issues like:

- ▶ Child care and parenting
- ▶ Senior care
- ▶ Health and wellness
- ▶ Education
- ▶ Financial and legal matters
- ▶ Just about any day-to-day issue

### Our Passion

FOH's WorkLife4You specialists possess broad expertise in fields spanning child development, gerontology, education, finance, and law. Our experts are available by phone 24/7 to handle any impediment to your employees' well-being.

### Child and Senior Care

We provide employees with trusted caregiver resources, educational materials, and consultation for:

- ▶ Special needs
- ▶ Adoption
- ▶ Tutoring
- ▶ Transportation
- ▶ Day care

### Enhanced Services

WorkLife4You further provides emergency backup care for dependents and services for nursing mothers at work.

### Professional Care Management Program

For aging loved ones, we assist with facility reviews, in-home safety checks, post-hospitalization assessments, and ongoing care coordination.

### Educational Outreach

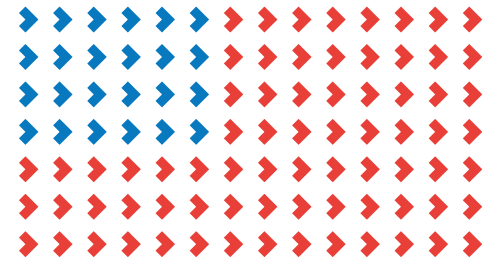
We engage your workforce with seminars, live and on-demand webinars, and promotional campaigns. Plus, WorkLife4You offers wellness kits stocked with products and information. We've delivered nearly 2,200 kits supporting customers nationwide.

### A Comprehensive Website

Employees can access a customized website complete with articles, checklists, podcasts and videos, health encyclopedias, child development trackers, searchable databases, and other helpful tools. Our live, online discussion groups promote a holistic approach to well-being.

### Financial and Legal Support

We connect employees to financial planning resources and professionals to manage budgets, mortgages, bankruptcy, debt consolidation, credit repair, and more. Employees may be referred to licensed attorneys for consultation on a variety of legal issues.



FOH ▶ 70 years

### BENEFITS

- ▶ Improved work/life balance
- ▶ Increased productivity, engagement, and retention
- ▶ Available to your entire workforce
- ▶ Confidential
- ▶ 24/7 access, 365 days a year

### DID YOU KNOW?

- ▶ Federal employees estimate WorkLife4You saves them nearly 12 hours per request.
- ▶ WorkLife4You demonstrates a 2:1 return on investment.
- ▶ Program participants experience an overall 95% satisfaction rating.

### RELATED SERVICES

- ▶ Integrating WorkLife4You with our employee assistance program best addresses every issue your workforce may encounter.
- ▶ We offer wellness programs spanning nutrition, fitness, and health promotion.

Answer your employees' life challenges by contacting

1-866-4FOH-HLP [FOH.PSC.GOV](https://www.foh.psc.gov)

EAP



U.S. Department of Health and Human Services