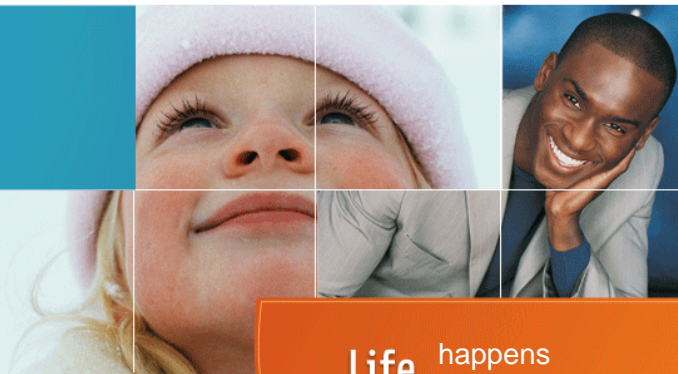


February 2009

HERE'S TO you.

Provided by LifeWorks



Life happens

I didn't know LifeWorks could help me with that!

This month's feature highlights some of the unexpected ways LifeWorks can help, including the resources and features on www.lifeworks.com:

- Audio tips
- Quick quizzes and self-assessments
- Life Workshops
- Podcasts
- Newsletters
- Online toolkits
- and more

This month you can also read or download the article, How to Use the Employee Assistance Program. The employee assistance program (EAP) is a service provided by your employer that offers help with personal and work-related issues.



February is also a good time to start looking at summer camps. Check out the Summer Camp Locator, as well as other helpful tools online including:

- Homework help. Receive a 10 percent discount on services from Tutor.com, the leader in live, on demand tutoring and homework help services for students grades 4-12, with the largest network of professional tutors and over 2 million tutoring sessions conducted to date.
- Identity theft protection services. Receive discounted access to Debix, the nation's leader in identity theft protection solutions.
- Online caregiving assistance. Get free access to CareGiverHelper, a private, secure online service that helps family members and friends organize and share information to make caring for a loved one easier.

You can access these and other tools under "Discounts" on the left side of the home page.

Are you or your spouse serving in the military? Military OneSource is available anytime, anywhere for all active-duty, Guard and Reserve and their families, at no cost. www.militaryonesource.com
Stateside: 1-800-342-9647

Call LifeWorks at 888-267-8126 anytime.
En español: 888-732-9020, TTY/TDD: 800-346-9188
You can also visit the LifeWorks Website at www.lifeworks.com
(user id: temple ; password: eap)

