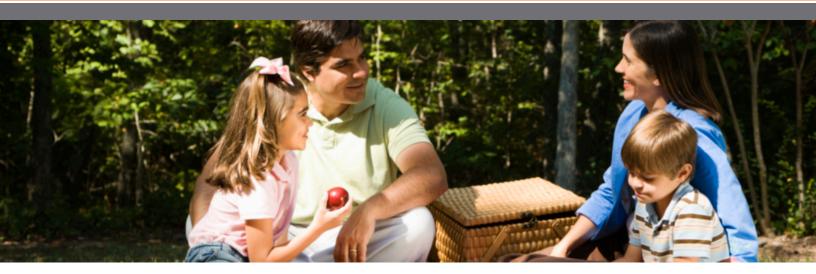


Behavioral Solutions of California

# WorkLife Services

Save time. Enjoy life. One quick call. Hundreds of real-world solutions.



Work, children, friends, family — it all adds up to lack of time, and sometimes overwhelming stress.

### Let us do your legwork.

We can provide you and your loved ones with information and referrals for many of your personal needs. Just call. We'll do the research and provide a list of service options in your area, or wherever you need them.

#### Look to us for information on a variety of services, including:

- **Household services.** Plumbers who work evenings, housekeepers, carpenters, dry cleaners, auto repair shops, electricians, landscapers
- **Shopping**. Clothing, antiques, sporting goods, specialty stores, shopping services for the elderly or disabled
- **Entertainment.** Theater tickets, golf, travel arrangements, kid-friendly restaurants, nightclubs, horseback riding, concerts, skydiving lessons
- Health and wellness. Fitness centers, urgent care clinics, all-night pharmacies
- Personal services. Apartment brokers, caterers, tailors, translators, dog walkers

#### When times are tough, WorkLife Services can help, with referrals including:

- Adult/Elder Support Services. For people who are aging or caring for adult and elder dependents, including caregiving, housing, transportation, meal services, senior activity groups
- **Child/Parenting Support Services.** Answers to parenting questions, resources for daycare, summer camps, adoption, sick-child care
- **Chronic Condition Support.** Non-medical support and resources for employees and dependents who have a condition like diabetes, arthritis or asthma

### Our referrals are reliable.

Our Resource specialists conduct searches using our extensive database and make phone calls to find options that meet your needs. You'll get up-to-date details — including what services are offered, how much they cost, professional credentials and contact information — by telephone, fax or email. What might have taken you hours takes just one call!

# More than 100 Ways to Help You Manage Your Life

WorkLife Services help you navigate through life's little (and big) issues. Our experts can locate the information, resources or referrals that help to streamline your life. Let us do your legwork.

# Help Is a Phone Call Away!

Simply call the toll-free number included on this flyer or log on to www.liveandworkwell.com and enter your access code. All calls and use of services are confidential in accordance with applicable law. Contact us today.

Please note: While WorkLife Services and all referrals are included as part of your benefits, you will have to pay for any WorkLife Services you decide to use. OptumHealth Behavioral Solutions specialists cannot book or purchase services on your behalf. This is an educational referral-based service only. Certain services may not be available in some benefit plans. Consult your benefit plan to know what is available.



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## More than 100 Ways to Help You Manage Your Life!

# Here is a sample of the services available to you. Call today and receive personalized consultation and referrals in the following areas.

#### **CONVENIENCE SERVICES**

**Business Travel** Health and Well-Being Home Improvements **Household Services** Yard and Lawn Care Shopping

Entertainment Dining Nightlife

Recreation Pet Services Travel

Repair: auto, home Relocation

Personal services: massage, spa services, acupuncture, etc.

### CHILD, FAMILY AND PARENTING SUPPORT SERVICES

Adoption At-Risk Pregnancy Support Before and After School Programs Certified Nurse Midwives Childbirth Issues **Childcare Options** Child Development Cooperative Preschools Dad's Groups Day/Residential Camps **Doula Services** Emergency/Sick-Child Care Extended Day Programs

Help with Parenting Questions Home Alone Services

Infertility Resources Newborn Issues

**New Parent Support Groups** Parent/Child Interactive Classes Parent Education Classes Postpartum Depression Support

**Prenatal Services** Preschools

**Recreational Activities** Sibling Support Special Needs Care

State and Federal Government Nutrition and Health Programs for At-Risk and Low Income Parents State Subsidy Programs **Step-Family Support Groups** Summer Camps and Activities Summer Childcare Teen Parent Assistance Program Transportation Services Community Programs for Teens

## **EDUCATIONAL RESOURCES** (from kindergarten through adult)

Adult Education Classes Alternative Educational Programs College Solutions Career Consulting Community College Programs Early Childhood Curriculums Early Intervention Programs Educational Advocacy Groups **Enrichment Classes** Home Schooling Individual Educational Plan International Study Kindergartens Nursery Schools Private School Resources **Residential Schools** Schools/Programs for At-Risk Youth Special Needs Programs

# ADULT AND ELDERCARE **SUPPORT SERVICES**

Technical Schools

Sports and Recreation Programs

Adult Day Care Programs Alzheimer's and Related Disorders Case Management Community Resources and Programs Disaster Support Elder Abuse Elder Law Attorneys Financial Issues **Government Programs** Grief/Loss

Health and Older Adults Home/Health Assessment Homemaker Service **Housing Options** In-Home/Nursing Care Options Legal Issues Meals on Wheels Ombudsman Recreation/Social Programs Retirement Planning Skilled Nursing Facility Information Travel Volunteer Opportunities

### **CHRONIC ILLNESSES AND CONDITIONS SUPPORT SERVICES**

Advocacy Affordable Housing Assistive Technology Caregiving Condition-Specific Support Food Service and Nutrition Help Lines Living with a Disability Remodeling for Accessibility Respite Services Transportation Travel/Special Needs Work Issues

Contact us anytime you need help with any of life's concerns.

(800) 234-5465

TDD/TTY Dial 711 and enter the number above.

or log on to www.liveandworkwell.com

access code: ocfa