

a general agency of The United Methodist Church



Moving is stressful, and adjusting to your new church appointment can be too. So how can you find resources in your new community without spending your free time on the phone or computer?

Let someone who specializes in data searches find the information for you!

Get details about local resources close to your new home or church, including:

- **Specialized retail establishments** like health food stores, garden centers, pet supplies stores and hobby shops
- **Recreational resources for adults and children** through the park district, social leagues, and other community or private organizations;
- Educational resources, including the closest library, and continuing education options for adults
- **Civic, community and social opportunities** where you and your family can meet people and make friends
- Child care, including day care and after-school programs, or services to address special needs and special interests
- Elder care, such as day programs, home health services and residential facilities



Get Easy Answers at No Cost to You

Work/Life Services are part of your HealthFlex Employee Assistance Program (EAP) and can provide answers and details about your new community—at no cost to you. It's a great timesaver.

Simply call **1-866-881-6800** to speak with a Work/Life specialist. You'll receive information back in about two business days— customized answers for your specific needs.

Get Easy Answers

Work/Life Services also can refer you to professionals for basic guidance on:

- **Financial issues***—Explore options for saving for a home, household budgeting on your new salary, creating an emergency fund, and more.
- Legal issues**—Obtain advice for common needs like contracts, wills, durable power of attorney and rental agreements.

Work/Life Services

- A feature of your Employee Assistance Program (EAP)—administered for HealthFlex through Optum®.
- Call **1-866-881-6800** for personalized support finding services in your new community.
- Access articles online by logging in to your Personify Health account at <u>login.personifyhealth.com</u>. Under the Benefits tab, search for the Optum Employee Assistance Program (EAP). Then, on the Optum website, click on Explore & Learn for helpful information. Then scroll down to Browse by Category.



Get Easy Answers



Your EAP offers so much more than counseling services. Call Work/Life Services at **1-866-881-6800** for answers—before and after you move and long after you're settled in.

* One 60-minute phone consultation at no cost.

** One 30-minute phone or in-person consultation at no cost; 25% discount for additional consults with the same attorney.

