

**1:25 p.m.**

Your son got suspended from school.

*WE'LL CONNECT YOU WITH PARENTING RESOURCES.*

**3:34 a.m.**

Depression has led to insomnia. Four nights in a row.

*WE'RE HERE TO LISTEN.*

**5:10 p.m.**

Your daycare just announced it's closing. In one week.

*WE'LL GIVE YOU A LIST OF PROVIDERS AND RESOURCES IN YOUR AREA.*

# Life happens 24/7.

Stress doesn't just happen at work.

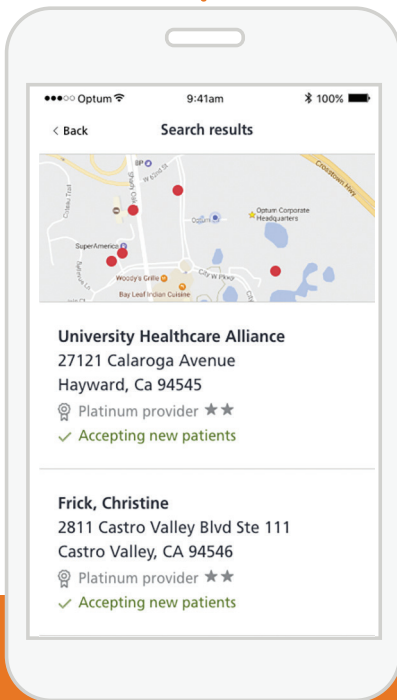
That's why myLiveandworkwell is available anytime, anywhere.



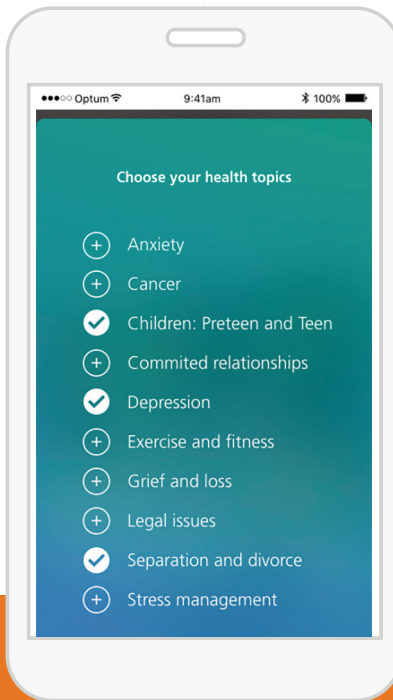
# The myLiveandworkwell app can help you navigate the chaos and find answers and support you can trust.

Use it to learn about your EAP services, find providers for face-to-face counseling and get authorizations for your free visits. You can even connect with an EAP specialist instantly via the click-to-call and chat features.

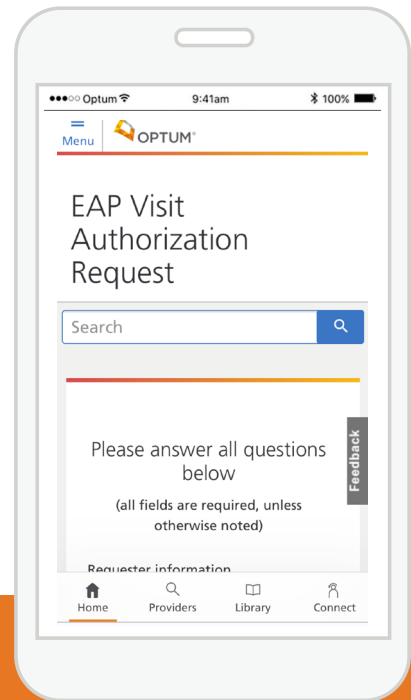
**Find a network EAP provider who can support you face-to-face.**



**Prefer to explore topics such as anxiety, caregiving, parenting, relationships and depression on your own? Browse the app's extensive library.**



**Get authorized to receive your free and confidential session with a clinician.**



**Get the app. Visit the App Store or Google Play.**



Log into the app with your company Live and Work Well access code HealthFlex

This program should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room. This program is not a substitute for a doctor's or professional's care. This program and its components may not be available in all states and coverage exclusions may apply.