

# LifeCare<sup>®</sup> Can Save You Time— and Money

LifeCare, a benefit provided through your EAP, can save you time by helping you locate providers and resources in your area. Plus, when available, LifeCare will pass along special offers to a variety of providers, including:

- ◆ Nanny agencies
- ◆ Child care programs
- ◆ Adult care facilities
- ◆ Special needs resources
- ◆ Health and fitness centers
- ◆ Pet care and insurance
- ◆ Background checking services
- ◆ Home health care agencies
- ◆ Academic services

***Contact LifeCare today for information and referrals to providers and resources in your area. It will definitely save you time and stress—and it may even save you money!***

Plus, you can log on to [www.lifecare.com](http://www.lifecare.com) to access interactive tools and budgeting tips, or to search for care providers on your own!

Access LifeCare online 24 hours a day at [www.lifecare.com](http://www.lifecare.com)

[new users enter company code](#)

Or by telephone at 800-448-4434

If you are hearing-impaired, call 800-627-6684

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*Making life a little easier<sup>SM</sup>*

LifeCare<sup>®</sup>  
Life Event Management<sup>SM</sup> Services

# LifeCare<sup>®</sup> Can Help You Manage Legal and Financial Issues

Whether you need information on managing your finances, referrals to lawyers or financial planners in your area, or help budgeting for life events, LifeCare, a benefit provided through your EAP, can help. Contact LifeCare 24/7 for counseling, education and referrals on:

*You don't have to deal with complex legal and financial issues on your own! LifeCare is there to help you around the clock, day or night!*

- **Budgeting**
- **Credit/Debt**
- **Estate Planning**
- **Insurance**
- **Medicare/Medicaid**
- **Personal Finance**
- **Real Estate and Loans**
- **Retirement**
- **Social Security**
- **Taxes**

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# LifeCare® Is a One-Stop Source for All Your Education Needs

Thinking about going back to school? Need help finding a preschool or college for your child? Whatever your education needs, LifeCare, a benefit offered through your EAP, can help by providing counseling, education and referrals on schools, academic programs and other related resources nationwide, including:

*Whether you're looking for a master's program to advance your career or a school for your child, LifeCare offers the personalized service you need!*

- **Colleges/Universities**
- **Continuing Education Programs**
- **Elementary Schools**
- **Extracurricular Activities**
- **Financial Aid**
- **Middle/High Schools**
- **Nursery Schools/Preschools**
- **Pre-K/Kindergarten Programs**
- **Special Education Programs**
- **Tutors**

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# Expecting a Child? Take Advantage of LifeCare<sup>®</sup>'s Prenatal Care Services

If you're expecting a child, you and your partner/spouse have a lot to think about. In addition to visiting your doctor regularly, let LifeCare, a benefit provided through your EAP, help you proactively manage your pregnancy and prepare you for parenthood by providing counseling, education and referrals on:

*Getting proper prenatal care from "day one" is a wise investment in your and your baby's health—and LifeCare is there to help you 24 hours a day!*

- ♦ **Birthing Methods**
- ♦ **Breastfeeding and Formula Feeding**
- ♦ **Child Care**
- ♦ **Parent Education Classes**
- ♦ **Parent Exercise Classes**
- ♦ **Budgeting for the Baby—and more!**

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