

Need help managing work and life?

Take advantage of LifeCare®—an employer-paid benefit designed to save you time and stress.

Trying to manage daily responsibilities and life events can be a real challenge at times. Fortunately, there's LifeCare, provided by your employer. Offering comprehensive work and life services, LifeCare gives you the valuable and timely knowledge you need to manage your daily life — from prenatal information to adult care . . . from summer camps to child care services . . . from pet care to health and wellness . . . and much more. Plus, LifeCare offers LifeMart®, an online discount center with hundreds of discount partners and thousands of discount offers.

Assistance around the clock

Whenever you need assistance with a work and life issue—or a referral to a provider—LifeCare is always there for you, 24 hours a day, seven days a week. Take advantage of LifeCare's services by:

Calling our toll-free phone number:
800-697-7315

Voluntary and confidential

LifeCare's services are voluntary and confidential. Over the years, employees have found our services to be an invaluable source of support and information. We hope that you, too, will benefit from LifeCare.

To access LifeCare by phone:

Call **800-697-7315** (TDD/TTY 800-873-1322)
24 hours a day.

To access LifeCare on the web:

TO REGISTER visit your employer's **ADP web portal**. Navigate to the "**My Tools**" page and select **LifeCare – Work/Life, EAP, Discounts** link. Register by completing the simple, one-time process.

ONCE REGISTERED access LifeCare via one of two options:

- 1) **Your employer's ADP web portal or**
- 2) **<http://member.lifecare.com>**

A final note: Neither LifeCare specialists nor the LifeCare web site are intended to provide any user with specific authority, advice or recommendations. The information obtained through specialist assistance or the LifeCare web site is for informational purposes only. In all instances, users should verify all information received. All final decisions on the appropriateness of information, the quality of a product, or the qualifications of a service provider must be made by the user. Discount vendors shown here and on our web site are subject to change without notice to you. We do not guarantee the inclusion of any particular discount or vendor on our site. We do not guarantee product availability or that the prices offered are the lowest available. LifeCare makes no warranties, express or implied, regarding the products or services offered through the discount center.



Need help juggling career and family and family and family and family?



That's LifeCare

LifeCare®

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800-697-7315
www.lifecare.com

ADP
A more human resource.™

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That's LifeCare

The LifeCare website

Our site offers rich content, extensive search features, and a variety of interactive tools including LifeMart®, an online discount center.

Online provider searches and matches

- Instantly access information on providers and resources (child care, adult care, schools, fitness centers, etc.) nationwide
- Request personalized matches from a specialist via our interactive forms
- Confidentially view and retrieve information and matches via your own Message Center

Best-in-class content

Read or download our extensive library of materials available in printable html and PDF, including:

- Parenting information from experts
- Extensive content for seniors and caregivers on aging issues
- State regulations on child care centers and family day care homes nationwide
- Consumer articles on everyday issues such as choosing cleaning services, personal safety and home improvement

Interactive tools and features

- A variety of financial calculators to help you plan for major purchases and other financial decisions
- Interactive quizzes on topics such as anger, anxiety, depression, lifestyle, patience, self esteem and more
- Webinars, podcasts and audio tips

How LifeCare can help you everyday

Child Care & Parenting

- Adoption
- Before- and after-school
- Breastfeeding
- Child care (centers, in-home, family day care)
- Child development
- Mothers at Work®
- Parenting infants to teens
- Prenatal care
- Special needs
- Work & family
- Education Services

Senior Care & Aging

- Care options and living arrangements
- Caregiver issues and concerns
- Home meal delivery programs (e.g. Meals on Wheels)
- Hospice services
- Legal and financial issues
- Medicare, Medicaid and Social Security
- Respite care
- Senior health/safety
- Transportation services
- In-home services

Emotional Health

- Anxiety
- Depression
- Divorce counseling
- Domestic violence
- Family counseling
- Marital or relationship difficulties
- Grief issues
- Substance abuse

Call today for your choice of 3 face-to-face or over the phone counseling sessions per issue with unlimited issues per year.

Legal & Financial

- Credit & debt
- Insurance
- Legal
- Medicare/Medicaid
- Personal finance
- Real estate & loans
- Retirement planning
- Social Security

Health & Wellness

- Children's health
- Diet & nutrition
- Emotional health
- Fitness/exercise
- General health
- Men's health
- Safety
- Senior health
- Women's health

Daily Needs

- Automotive services
- Consumer information
- Home improvement
- Moving/relocation
- Pet care
- Travel
- Utilities/home services

LifeMart

- Computers and electronics
- Theme parks
- Flights, cruises, car rentals, and hotels
- Gifts and retail shopping
- Books and DVDs
- Child and elder care products and services
- Temporary/back up care
- Work & family