

## 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!

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### 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](http://www.liveandworkwell.com) and enter your access code. All calls and use of services are confidential in accordance with applicable law. Contact us today.

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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. Our 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  
Sports and Recreation Programs  
Technical Schools

#### ADULT AND ELDERCARE SUPPORT SERVICES

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](http://www.liveandworkwell.com)**

access code: claremontcolleges