



June 26, 2017

Dear Employee:

SD No. 67 is pleased to announce that effective July 1, 2017, SD No. 67 employees will have access to LifeWorks®, a confidential, full-service Employee Assistance Program (EAP) and work-life/wellness resource. LifeWorks is delivered by global human capital management solutions provider Ceridian, and it replaces our former EAP called Optum. LifeWorks is provided to you and your dependents at no additional cost to you, as an employee benefit.

We understand that it can be difficult to balance the demands of work with those of your personal life. Stress, work concerns, and time and energy spent coping with personal situations can throw your life out of balance. That's why we're proud to introduce LifeWorks, a one-stop solution that includes confidential consultation, information and educational resources, counselling (both telephonic and in-person), and personalized community referrals. You can access LifeWorks **by toll-free number, online or by mobile app**, 24 hours a day, seven days a week, whenever you like, and as often as you like.

- **When you call**, a caring, professional consultant can assist you with support, guidance and resources pertaining to a wide range of issues, including:

LIFE: Stress/Overload, Anxiety, Depression, Grief/Loss, Community Resources

FAMILY: Parenting, Separation/Divorce, Blended Families, Caring for Older Adults, Education

MONEY: Saving/Investing, Debt Management, Estate Planning/Wills, Home Buying/Renting

WORK: Work Relationships, Job Stress/Burnout, Managing People

HEALTH: Fitness/Nutrition, Sleep, Addiction/Recovery, Smoking Cessation

- **For those who prefer the convenience and privacy of online access**, you can visit <https://sd67.lifeworks.com>, the program's password-protected website. LifeWorks Online is the ideal solution for individuals who are not quite ready to talk about their issues; employees who enjoy the flexibility of doing their own research; those who like to read blogs, take self-assessments, and use interactive toolkits; and employees who wish to order free educational materials such as booklets, CDs, packets and more.
- **For those of you on the go**, LifeWorks also includes access to **LifeWorks Mobile**, a free mobile app available for iPhone and Android.

If you are currently participating in counselling arranged by Optum, you may choose to access LifeWorks directly, or continue with your current counselling arrangement. Otherwise, for any new work or personal concerns and questions as of July 1, 2017, please contact LifeWorks.

To contact LifeWorks: 1.877.207.8833
Français : 1 877 307-1080 TTY: 1.877.371.9978
<https://sd67.lifeworks.com/>
User ID: sd67 Password: wellness

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