



## Your Concerns Are Your Business

All aspects of the program are absolutely confidential and voluntary, so no one will know you're involved – including your employer – unless you choose to tell them. Nothing is entered into your medical or employment records.

## And It's Free

There is no cost to employees, retirees or their household members or dependents for use of our online services, telephone counseling or consultation for each legal or financial matter.

## We're Here When You Need Us – Get Started Today

Call our toll-free number **800.759.8122** (TTY users, please use Relay) to speak confidentially with a counselor who cares and is professionally trained to help you. We're available 24 hours a day, seven days a week.



P.O. Box 617 • Concord, NH 03302  
Tel: 800.527.5001 • Fax: 603.226.2988  
[www.healthtrustnh.org](http://www.healthtrustnh.org)

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EMPLOYEE ASSISTANCE PROGRAM

# Support and Solutions for Everyday Life



## LifeResources

*Life can get pretty stressful sometimes – even overwhelming.*

Wouldn't it be great if you had a personal consultant you could call on? Someone who can provide guidance, resources and support just when you need it most?

HealthTrust's *Slice of Life* program has always focused on smart lifestyle choices and preventing health problems, but your well-being includes more than good physical health. That's why *Slice of Life* offers the *LifeResources – Employee Assistance Program* with tools to help you manage life's biggest stressors. Learn more about participating in *Slice of Life* at [www.healthtrustnh.org](http://www.healthtrustnh.org) and start living your healthiest, happiest life possible.



*Please note: Some Slice of Life programs may not be available to all enrollees. For program and eligibility details, log in to your secure online account or call HealthTrust Enrollee Services at 800.527.5001*



Whether your daily challenges are routine, like wanting a pet sitter or more urgent, such as needing someone to talk with about anxiety you have been feeling, LifeResources is a one-stop, multi-service, invaluable asset you can turn to. Like a personal concierge, we guide you to the solutions that make things less stressful and more manageable for you – the solutions you need to stay in charge of your life.

## The Helpful Solutions You Need

From child and elder care to drug and alcohol counseling, from financial and legal consultations to finding a plumber, LifeResources has services that can help you with many of life's challenges. This benefit helps you, your household members and your dependents address both everyday needs and growing personal concerns, keeping your life on course.

## No Issue Too Big – or Too Small

LifeResources helps with the kinds of issues, large or small, that can affect your health and happiness as well as your work and family life. LifeResources provides up to six free telephone counseling sessions per issue or, if you prefer, we'll locate a qualified private provider to see you in person. Whether you'd benefit from a one-time consultant or ongoing support, we're just a call or click away.

## Professional Care and Support

Sometimes a particular concern becomes too much to handle alone and begins affecting work, family and personal well-being. That's when professional guidance can help. Our licensed and highly skilled counselors are ready to help with a wide range of personal concerns, including stress about work or life issues, couple or parent /child conflicts, depression or other emotional concerns, or substance abuse.

## Top Legal and Financial Services

You may, on occasion, need the services of a lawyer or financial service professional. For each legal issue, LifeResources affords you one free 30-minute office or telephone consultation with an experienced attorney (excluding job or criminal related concerns). If you want to continue to work with that attorney, you receive 25% off the attorney's hourly fee. For each financial issue, you receive a free 30- to 60-minute telephone consultation with a financial planner or certified public accountant.

Examples of legal and financial matters include:

- Family law proceedings (divorce and custody)
- Insurance and auto accident claims
- Real estate and landlord/tenant issues
- Estate planning (wills and trusts)
- Retirement and college planning
- Tax advice and preparation
- Buying and selling your home
- Debt counseling

## Work/Life Online

For such common concerns as finding the right summer camp or financial advisor, or tips on choosing an electrician or plumber, our state-of-the-art online resource, **Work/Life Online**, provides useful tips and tools as well as a searchable provider database in a wide range of service areas.



Some of the ways you can use the website:

- Locate a child care provider
- Research colleges for your teenager
- Find a pet sitter for your Labrador Retriever
- Find an assisted living unit for your mother
- Calculate your mortgage payments
- Research a disease
- Assess your relationship commitment level

Plus, valuable features to guide you to healthy learning and decision making include:

- Over 5,000 regularly updated articles
- Over 90 online training programs
- A broad range of self-assessment tools
- Money-saving discount offers

Access Work/Life Online

**AllOneHealthEAP.com**

username: *healthtrust*

password: *member*

**800.759.8122**

