

# LifeSolutions

Confidential support at no cost to you



**You and the members of your household can rely on LifeSolutions for a helping hand.**

## **Tackle on-the-job or at-home issues with a trained professional**

- 24/7 support via phone or online programs
- Counseling sessions in person, by telephone, or by video for the following topics and more:
  - Work-life balance
  - Lifestyle changes
  - Alcohol or drug use (your own or a loved one's)
  - Family and relationships
  - Anxiety and depression
  - Grief and loss

## **Work-life support services**

- Help with daily living issues
- Child and elder care resources
- Support for legal and financial issues
- Community resource recommendations

**1-844-833-0527 (TTY: 711)**  
**[www.lifesolutionsforyou.com](http://www.lifesolutionsforyou.com)**  
**Company code: CCEAP**



### **Nondiscrimination statement**

UPMC Health Plan, on behalf of itself and its affiliates, complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, creed, religious affiliation, ancestry, sex, gender, gender identity or expression, or sexual orientation.

### **Translation services**

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-855-869-7228 (TTY: 711).

注意：如果☑使用繁體中文，☑可以免費獲得語言援助服務。請致電 1-855-869-7228 (TTY: 711)。