



## Employee and Family Support 24/7/365

Human Resources is excited to introduce you and your family members to our new MetLife Employee Assistance Program (EAP) - LifeWorks, which is now available to all County employees.

The EAP is an entirely confidential program designed to boost your well-being with resources that you can use **anytime**, at no cost to you! Professional customer care representatives are trained to provide expert support, connect you to financial or legal professionals, refer you to counseling, and/or recommend community resources to help you. Services include 5 consultations per incident per calendar year, which can be accessed via in person, video, phone, or chat.

The Employee Assistance Program can help with the following:

<p><b>Life:</b> Stress, Anxiety, Depression, Grief or Loss, and Community Resources</p>	<p><b>Family:</b> Parenting, Separation or Divorce, Blended Families, Caring for Older Adults, and Education</p>	<p><b>Finance:</b> Saving, Debt Management, Estate Planning or Wills, and Home Buying or Renting</p>	<p><b>Health:</b> Fitness, Nutrition, Sleep, Addiction or Recovery, and Smoking Cessation</p>

Please take advantage of this benefit through:



**Calling LifeWorks EAP at 800-234-2939**

By going online and logging in with the below credentials:



**Website:** [login.lifeworks.com](http://login.lifeworks.com)

**User Name:** COSB

**Password:** LifeWorks



**Downloading the "LifeWorks" app**

Virtual webinars and additional communications on how the EAP can support you with life, family, finance, and health are coming soon!

If you have questions contact the Employee Benefits and Services Division at [ebpd@hr.sbcounty.gov](mailto:ebpd@hr.sbcounty.gov) or (909) 387-5787.