Life’s Solutions® has redefined the meaning of Employee Assistance Program (EAP). ADP TotalSource® is here through it all, offering a multitude of resources to assist you in dealing with the stresses of everyday life.

In addition to me, who can use my EAP benefit?

• Your spouse or qualified domestic partner
• Your qualified dependent children, including natural children, stepchildren, foster children, or adopted children living at home or away at school

How much will it cost me to use Life’s Solutions® services?

Nothing!

Life’s Solutions will facilitate referrals to local, licensed, independent counselors, as well as financial and legal professionals, at no cost to you and for a set number of visits.

Is Life’s Solutions® confidential?

Absolutely!

All conversations, records of treatment, and follow-up assistance with a Life’s Solutions® Care Specialist or network provider are kept confidential.

What services are available?

Employee Assistance Program

We offer counseling for the following types of concerns:

• Stress, anxiety, grief, depression
• Marital and relationship concerns
• Drug and alcohol dependency
• Family issues
• Work-life balance
• Financial
• Legal

Health and wellness

We offer assistance with:

• Stress, anxiety, grief, depression
• Stress management
• Smoking cessation
• Weight management
• Preventive health
• Prenatal health

Work-life balance

We can provide you with information about:

• Child and elder care
• Academic resources
• Budgeting
• Parenting
• Identity theft

24/7 information

We offer around-the-clock access to online resources, including:

• Videos
• Articles
• Calculators
And more!

Life’s Solutions® Care Specialists are available Monday – Friday, 8:30 a.m. – 9 p.m. ET. Twenty-four-hour guidance is available for urgent matters. Please dial 911 for emergencies.