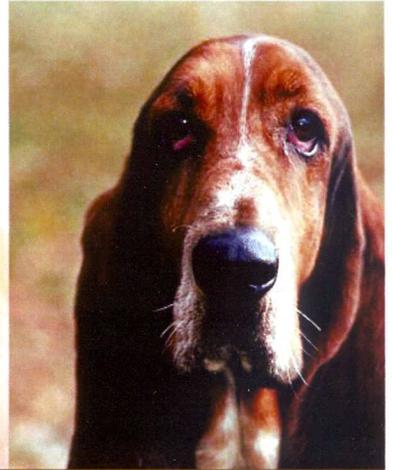
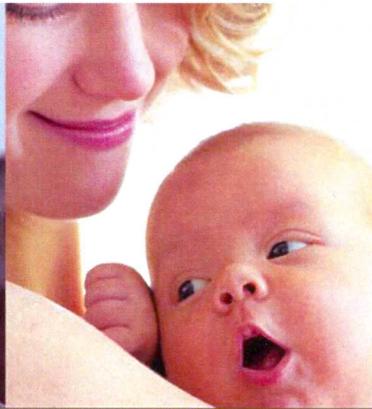




City of Pittsburgh



LifeSolutions

A workplace benefit offering solutions to balance your life, work, and wellness.

LifeSolutions services:

❖ **Coaching/Counseling In-Person and by Telephone**

Up to 3 sessions are available for:

- Stress and everyday life issues
- Family / relationship concerns
- Work / career challenges
- Healthy lifestyle changes
- Managing anxiety, depression & alcohol/drug issues

❖ **Referrals to Community Resources**

❖ **24 / 7 Phone Support**

❖ **Online WorkLife Resources**

- | | |
|------------------------|-------------------|
| • Articles and Tips | • Resource Links |
| • Surveys | • Ready Documents |
| • Site Search | • Savings Center |
| • Self Search Locators | |

(schools, colleges and pet services)

LifeSolutions is available at **no cost** to you or your household members.

Access LifeSolutions

All LifeSolutions services are private and confidential.

PLEASE CALL

1.800.647.3327

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www.lifesolutionsforyou.com

Online Access

Our LifeSolutions website
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- ① Enter www.lifesolutionsforyou.com
 - ② Click the links for information
- or

Connect to WorkLife portal

- ① lifesolutionsforyou.com homepage
- ② click **WorkLife Resource Login** box
- ③ Enter company code: **pghcity**