

**The LifeCycle Connect<sup>®</sup> website** is a comprehensive online tool with resource links to support a wide range of work, family, caregiving, wellness and daily living issues

## Your Services

- Detailed benefit descriptions
- How to access your benefits
- Service feedback form
- Grievance & appeal procedure
- Frequently asked questions

## International

- Studying abroad
- Living and working abroad
- Families abroad
- Cultural adjustment
- Expat blogs and websites

## Website Resources

- Quarterly EAPost newsletter
- Monthly featured articles
- Manager Exchange blog
- Annual webinar schedule and registration
- Training catalog
- Helpful telephone numbers
- Glossaries
- Tests and questionnaires
- Employee toolbox
- InfoBooks

## Additional website features

- Thousands of pages of the most current and comprehensive behavioral health news and articles
- Numerous categorized videos and hyperlinks to information on specific conditions, treatments, associations and support groups
- Searchable databases for both child care and elder care
- Google translations feature for 50+ languages
- RSS feed subscriber

## Featured Topics

- Addictions
- ADHD
- Anger management
- Child and elder care
- Legal and financial issues
- Parenting
- Wellness and personal development

*\* Over 90 additional topics covered*

