WorkLife Services
Save time. Enjoy life. One quick call. Hundreds of real-world solutions.

Work, children, friends, family — it all adds up to lack of time, and stress.

Let us do your legwork.
We can provide you and your loved ones with information and referrals for many of your personal needs. Just call. We'll do the research and provide a list of service options in your area, or wherever you need them. Look to us for information on a variety of services, including:

- **Adult/Elder Support Services.** For people who are caring for adult and elder dependents, including caregiving, housing, transportation, meal services
- **Child/Parenting Support Services.** Answers to parenting questions, resources for daycare, summer camps, adoption, sick-child care
- **Household Services.** Plumbers who work evenings, housekeepers, carpenters, dry cleaners, auto repair shops, electricians, landscapers
- **Shopping.** Clothing, antiques, sporting goods, specialty stores, shopping services for the elderly or disabled
- **Chronic Condition Support.** Non-medical support and resources for conditions like diabetes, arthritis or asthma
- **Health and Wellness.** Fitness centers, urgent care clinics, all-night pharmacies
- **Personal Services.** Apartment brokers, caterers, tailors, translators, dog walkers
- **Entertainment.** Theater tickets, golf, travel arrangements, kid-friendly restaurants, nightclubs, horseback riding, concerts, skydiving lessons

Our referrals are reliable.
Our Resource specialists conduct searches using our extensive database and make phone calls to find options that meet your needs. You'll get up-to-date details — including what services are offered, how much they cost, professional credentials and contact information — by telephone, fax or email. What might have taken you hours takes just one call!

Contact us anytime you need help with any of life's concerns

800-622-7276

or log on to
WWW.LIVEANDWORKWELL.COM
Access code: SAINTLOUIS

TDD/TTY: Dial 711 and enter the toll-free number listed above.