



**HealthTrust Online My Benefits**

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## LifeResources—Member Assistance Program

The *LifeResources—Member Assistance Program* is available to help you and your household members 24 hours a day, seven days a week. Simply call 800.759.8122 to talk to a counselor who cares about your situation and is professionally trained to assist you. All calls are confidential.



Call whenever you need solutions to your work and life challenges. The *LifeResources—Member Assistance Program* is specifically designed to help you do the following:

- Locate Child Care & Elder Care Services
- Cope with Family Stressors
- Improve Communication Skills
- Answer Common Parenting Questions
- Manage Depression & Anxiety

Click on the links below to learn more program details and access PDFs of informational newsletters, flyers and e-Books.

- [Free Legal and Financial Counseling Information Available Web-Based Resources](#)
- [Frontline Employee Newsletter](#)
- [Educational Flyers and e-Books](#)

### Free Legal and Financial Counseling

Your *LifeResources—Member Assistance Program* **legal benefit** includes one free initial office or telephone consultation (30 minutes) per legal matter with an attorney, excluding job and criminal related legal issues. If you want to continue work with that attorney, you receive a 25 percent discount off the hourly fee.

Your **financial benefit** includes one free telephone consultation (30-60 minutes), per financial matter, from a network of qualified financial planners and Certified Public Accountants. Call the *LifeResources—Member Assistance Program* at 800.759.8122 for help with any of the following:

- Divorce & Child Custody Issues
- Car Accidents
- Landlord/Tenant Issues
- Retirement/College Planning
- Credit Card Debt
- Tax Advice
- Buying/Selling Your Home
- Estate Planning (Wills & Trusts)

## Available Web-Based Resources

For additional personal and professional assistance, visit the *LifeResources—Member Assistance Program's* comprehensive [Work-Life website](#). It provides useful content, tips and tools, and searchable provider databases in a wide range of service areas. It's available 24/7 for you to:

- Read an article
- Locate resources
- Take a self-assessment
- Complete a Skill Builder course
- Attend a webinar
- Find a child-care provider for your 2-year-old
- Calculate your mortgage payments
- Research a disease
- Assess your relationship commitment readiness level

In addition, explore all of the valuable web modules covering various life areas, including: Aging, Balancing, International Living, Parenting, Thriving and Working. More than 4,000 articles, over 2,500 tip sheets and some 60 online courses are at your fingertips, to guide you to healthy learning and decision making.

Here's your log-in information to access the site:

**Username:** healthtrust  
**Password:** member

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