

Work-life Balance at your fingertips



Take a closer look.

- Try this simple, convenient way to access your Work-life Balance resources.



- For more information, visit www.lifebalance.net.

New! Free mobile app for Unum customers

Take valuable work-life balance resources with you everywhere, with the new, free “LifeWorks Mobile” app.

It's never been easier to find the information and assistance you need to handle life's ups and downs. The app lets you read articles, listen to podcasts, and see “what's new” on your iPhone, Android or Blackberry mobile device. It can also put you in touch with master's-level consultants who can help with issues such as divorce, parenting, substance abuse and financial concerns — 24/7.



Get the app

- Search for “**LifeWorks**” in your device's app store.
- Download the free app.
- When you first open the app, enter your:
 - User ID: **lifebalance**
 - Password: **lifebalance**
- Select “remember me” (optional) so you won't have to log in every time.
- You can also get the app by logging into **www.lifebalance.net**.
 - Enter the user ID and password shown above.
 - Click on Mobile App in the Quick Links section at the bottom of the page.



Need to talk?

- Open the app.
- Click on “Need Help?” and the toll-free number will appear.
- Just click the number to connect to a Work-life Balance consultant.



More about Work-life Balance

Work-life Balance — provided by Ceridian — brings tools for managing life's stresses together in one convenient place. Through the Work-life Balance website (**www.lifebalance.net**) and the new app, you get unlimited access to guides, articles, e-books, podcasts and other resources that can help keep you healthy and productive — at home or at work. Managers and supervisors can also get help navigating personnel and communication issues.

The Work-life balance employee assistance program, provided by Ceridian HCM, is available with select Unum insurance offerings. Terms and availability of service are subject to change. Service provider does not provide legal advice; please consult your attorney for guidance. Services are not valid after coverage terminates. Please contact your Unum representative for details.

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