

# WORK/LIFE ONLINE RESOURCE

Work/Life is a website that brings resources to your fingertips. The comprehensive online resource features regularly updated articles, assessments, audio/video clips, ready-to-use legal forms, skill builders, calculators, and other tools covering healthy relationships, emotional well-being, health and wellness, workplace issues, caregiving, education, and daily living needs. The [search feature](#) allows for instant retrieval of desired work/life topics.



## WORK/LIFE RESOURCE CATEGORIES

- **Aging** is for caregivers, older adults, adults with disabilities, and anyone who is proactively planning their future
- **Balancing** offers a place for employees to explore their own potential and their relationships with others
- **Living** offers help for the things employees deal with each day, such as financial, legal, and home
- **Parenting** has information for parents of all different experience levels and who have kids of all different ages
- **Thriving** is a division of health and wellness content
- **Working** encourages employees to work smarter
- **International** offers support for those who are living abroad or considering doing so

## WORK/LIFE CENTERS

- **CareSpace:** A social networking site for caregivers of adults or children
- **Savings Center:** A discount shopping program offering up to 25% discounts on name-brand goods and services
- **Skill Builders:** E-learning courses that can be completed in 15-20 minutes, offering a visual presentation, brief online quizzes, and a printable certificate of completion.
- **TaxACT:** Convenient access to reputable tax preparation software
- **Yearly Planner:** Create your own personal calendars and reminders

## PROVIDER SEARCH

- Adoption
- Child care
- Education
- Elder care
- Pet Services

## WORK/LIFE TOOLS

- **Health Tools:** Interactive health assessments, audio/video advice on health topics
- **Audio/Video Clips:** Covering topics of interest
- **Calculators:** Financial and other planning tools
- **Legal Forms:** Customize legal documents
- **Medline Plus:** A virtual medical encyclopedia
- **WebMD:** An online physician directory, health information, and symptom checker