



MULTITASKING

– *makes you* –

75% MORE PRODUCTIVE.

TRUE OR FALSE

FALSE.

It divides your attention and makes you lose focus.

Talking on the phone while driving. Writing an email while playing with your kids. Reading a book while watching TV. You might think multitasking is the way to fit everything into your busy life, but it actually makes you less efficient — and possibly even more stressed.

If you're looking to achieve a better work-life balance, your EAP and WorkLife Services Benefit offers confidential support. Counselors, clinicians and other specialists are ready to help you with:

- Stress, anxiety and depression
- Workplace conflicts
- Relationship troubles
- Parenting and family problems
- Child and eldercare support
- Living with chronic conditions

When you call, a specialist will listen to your needs and connect you to the appropriate resources.

As part of your benefits, your EAP and WorkLife Services Benefit is available at no extra cost. This includes referrals, seeing a network clinician and initial consultations with mediators or financial and legal experts.

24-hour online access is also available at liveandworkwell.com.

You and your family can go online any time to:

- Check benefit information
- Submit online service requests
- Search the online clinician directory
- Use our virtual help centers to find information and resources for hundreds of everyday work and life issues
- Participate in interactive, customizable self-improvement programs

Access to liveandworkwell.com is always free. For more information, please refer to your employer-provided benefit information. All records are kept confidential in accordance with federal and state laws.

Real people. Real life. Real solutions.

Your Employee Assistance Program and WorkLife Services Benefit

(877)225-2267

Or log on to liveandworkwell.com

Access code: IBEW595

*In California these services are provided by OptumHealth Behavioral Solutions of California.

This program should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room. This program is not a substitute for a doctor's or professional's care. Due to the potential for a conflict of interest, legal consultation will not be provided on issues that may involve legal action against Optum or its affiliates, or any entity through which the caller is receiving these services directly or indirectly (e.g., employer or health plan). This program and its components may not be available in all states or for all group sizes and is subject to change.