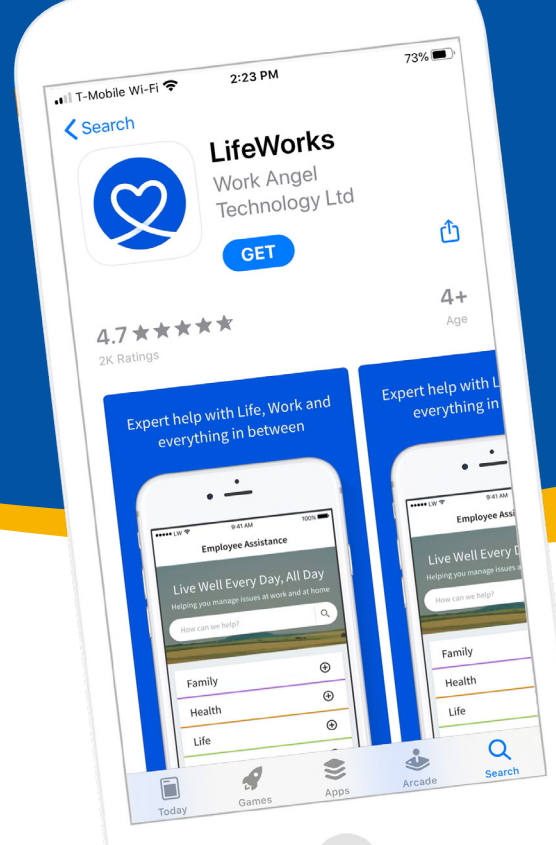




LifeWorks

Expert help with life, work
and everything in between.



Feel supported and connected.

What is LifeWorks?

LifeWorks is a confidential **Employee Assistance Program (EAP)** and well-being resource, available 24 hours a day, seven days a week, by phone, online, and by mobile app, and is provided at no cost to you as well as to your spouse/partner, and to your immediate family members/dependents.

Why should I contact LifeWorks?

LifeWorks is here to help you find answers to questions about work, life, health, family, or money. It provides confidential counseling, expert advice, consultations, support, community referrals, practical resources and online access to hundreds of articles, toolkits, podcasts, information and tips to help you manage life's issues and challenges whether personal or professional.

LifeWorks' EAP counselors are highly qualified. All of LifeWorks' affiliates are carefully screened to verify their credentials and level of experience. Many of their counselors have PhDs and MDs; minimally, they are required to have a Master's degree in Psychology, Social Work, Educational Counseling, or other related human services field.

In emergency situations, LifeWorks can connect you with a counselor by phone immediately.

Share LifeWorks with Friends and Family

Invite up to 5 family members or significant others to access confidential help and advice on hundreds of topics available on the LifeWorks platform. They can log in using the invitation code that will be sent to their email, by downloading the app or by calling LifeWorks.

How to Contact and Access LifeWorks

**Toll-free by phone, 24/7,
365 days of the year:**

1-866-656-9983 (ENGLISH)
1-855-391-0587 (SPANISH)
1-800-999-3004 (TTY)

Online at bhsf.lifeworks.com

By Free Mobile App



- Visit bhsf.lifeworks.com or download the app by searching "LifeWorks" on the App Store or Google Play.
- Click **Sign Up** and enter your unique invitation code. Invitation codes are sent to your Baptist Health email periodically if you have not signed up. If you can't find your invitation code, email benefits@baptisthealth.net.
- Create your personal login credentials (email and password).