Better together

You balance a lot — work, home, family and more. You don't have to do it alone. We're here to help you stress less and live more.

Take advantage of these services by calling today. Tear off the wallet card below and keep it handy.

Resources *for* **Living**·

24 hour confidential access

We're here for you and your household members 24 hours a day, 365 days a year. It's free and confidential.

Real solutions for real life

Resources *for* **Living**®

Life happens. Stress less. Live more.

Emotional support

"I was tired of trying to do everything to keep up. This service helps me take care of myself and my family, saving time so I can have what matters — a healthy, happy life I love."

Emotional support — Talk to someone about what's on your mind — stress, relationships, anxiety, depression and more. Meet face-to-face, by video stream or get in-the-moment support by phone.

Daily life assistance and online resources

Member website — Check out video resources, articles, assessments, webinars, podcasts and more.

Legal and financial

Legal — Speak with an attorney for things like guidance on small claims court, family or domestic issues and identity theft support.

Financial — Discuss budgeting, credit and more with a financial expert.

Resources For Living

No matter what you need, we're here for you.