



**Allegheny County School
Health Insurance Consortium**



LifeSolutions

A workplace benefit offering solutions to balance your life, work, and wellness.

LifeSolutions Services:

◆ **Coaching/Counseling In-Person and by Telephone** *Up to 4 sessions per issue are available for:*

- Stress and everyday life issues
- Family and relationship concerns
- Work and career challenges
- Healthy lifestyle changes
- Anxiety, depression, and alcohol/drug issues

◆ **Referrals to Community Resources**

◆ **24/7 Phone Support**

◆ **Online WorkLife Resources**

- | | |
|---|-------------------|
| • Articles and Tips | • Resource Links |
| • Surveys | • Ready Documents |
| • Site Search | • Savings Center |
| • Self-Search Locators
<i>(Education search, volunteer opportunities, and pets search)</i> | |

LifeSolutions is available at no cost to you and your household members.

Access LifeSolutions

All LifeSolutions services are private and confidential.

PLEASE CALL

1.800.647.3327

GO ONLINE

www.lifesolutionsforyou.com

Online Access

1. Go to www.lifesolutionsforyou.com.
2. Find **Current Customers** in the lower left section of the page.
3. Log in by typing your company code in the field provided: **acshic**
4. Click "Go" to complete the sign-in.

Scan here to be taken directly to the LifeSolutions website.





Do you sometimes feel stressed out or anxious?

Would you like to get more out of life?

A free, eight-week, online program can change your thinking ... and change your world.

Beating the Blues *US*[™] can help you make quick changes that can lead to a more positive outlook and improved mood. It's confidential, convenient, and free to *LifeSolutions* members who are 18 years old and older.

Beating the Blues *US* can help you:

- Feel more confident
- Overcome setbacks
- Take control of your life and mood



Give it a try?

To get started, call *LifeSolutions* at 1-800-647-3327.



beating the blues *US*
cognitive behavioral therapy

LifeSolutions[®]
Your Employee Assistance Program