

# THE RIGHT **TOOLS** CAN MAKE A DIFFERENCE



Balancing work with life's other responsibilities can be a challenge. Your employer provides you and your family with an Employee Support Program that can assist you as you build your day ... your week ... your life.



Anytime, any day, you have free, confidential access to professional consultants and online resources to assist you with these and other topics:

- Child care, elder care, and family support
- Work and career growth
- Daily living and convenience
- Health and wellbeing
- Referrals to providers, specialists, and resources to meet specific work, life, or caregiving needs

**CALL** toll-free to speak live with a consultant.  
TOLL-FREE: **800-451-1834**

**LOG ON** to your employee support website to access articles, tips, links, and tools, or to live chat with a consultant.

**[www.allonehealth.com](http://www.allonehealth.com)**

USERNAME: **wellesley** PASSWORD: **employee**

**ASK** your HR or benefits manager about additional programs available to you and your family.