

KEEPING YOU WELL AND WELL BALANCED:

# Support for Your Total Well-Being

## EMOTIONAL WELL BEING

E4 Health offers up to six (6) sessions of confidential counseling for faculty and staff, their family members and household members. Call 24/7 for support with issues including:

- Relationship Difficulties
- Mental Health Concerns
- Life Cycle Events
- Grief and Loss
- Addiction
- Stress
- Family

## LEGAL CONSULTATION AND REFERRALS

Call to be connected to a free, 30-minute consultation with an advice attorney for most legal matters, such as:

- Civil Lawsuits
- Real Estate Transactions
- Divorce/Custody
- Criminal Actions
- Contracts
- Immigration Issues
- Eldercare Tools (e.g., wills, healthcare proxies)

Note: Should your matter be more complex in nature, you will be referred to an attorney at a 25% discounted rate.

## FINANCIAL CONSULTATION AND REFERRALS

Our financial professionals are available to provide free telephonic consultation on most financial issues, including:

- Credit/Debt Issues
- Budgeting
- Bankruptcy
- Identity Theft
- Tax Filing
- Estate/Retirement Planning

Toll-Free: **800-765-9124**  
 Website: **www.helloe4.com**  
 Username: **SEMO**  
 Password: **guest**



## HEALTH & WELLNESS RESOURCES AND REFERRALS

Receive information, resources and referrals to assist with health-related issues, such as:

- Walking/Fitness Programs
- Diet and Nutrition
- Smoking Cessation
- Stress Management
- Chronic Disease
- Referrals to Gyms/Health Clubs, Holistic Health Resources, and Support Groups

## FAMILY & CAREGIVING RESOURCES AND REFERRALS

From becoming a new parent to taking care of an aging relative to pet care needs, our specialists provide you with in-depth consultations, resources and referrals to help you make educated decisions.

Common concerns include:

- Parenting
- Special Needs Programs
- Educational Programs
- Childcare Services
- Prenatal/Fertility
- Adoption
- Eldercare Services
- Pet Care

## CONVENIENCE SERVICES

Referrals to local vendors and resources to assist with everyday tasks such as:

- Chore Services
- Moving and Relocation
- Electricians and Plumbers
- Event and Party Planners
- Consumer Comparisons
- Volunteer Opportunities
- Travel and Safety

## WEBSITE

Log on to access the savings center, legal and financial resource center, articles, FREE webinars, searchable databases, monthly newsletters and more.