



Work/Life Referral Services



Access Details:

Your Employee Assistance Program services are free, confidential, and always available 24/7/365.

To access services call MINES or visit our website (contact details below) to complete a digital intake for EAP service. Our patient navigators are available to answer any questions you may have and help you access any of the EAP services available to you and your household members.*

** Your company code is used to register for online profiles as well as complete online intake requests. If you do not know your company code, please call MINES for assistance.*

Your Work/Life Referral Services

Here at MINES, we know how difficult balancing work and family can be. For everything from finding the right dependent care providers for your children or elderly loved ones, to knowing where to find a good pet sitter, our work/life referral services are here to help. Call or log on to MINES for unlimited support, research, and referrals for your needs and circumstances.

MINES' work/life referral services are here to guide you and your household members down the right path when it may be difficult to make sense of all the available options.

Examples of services we can help you explore include:

- **Home/Convenience:** Community Education Classes, Fitness Programs & Trainers, Home Cleaning, Home Repair Services, Moving Services, Organizer Services, Pet Care, Relocation Information, Yoga Classes
- **Parenting:** Before/After School, Childcare Centers, Family Day Care, Nannies & In-home Care, Summer Camps, Adoption, Child Development, College Planning, New Parents and Pregnancy, Special Needs
- **Eldercare:** Assisted Living Facilities, Caregiver Support, Community Services, Home Health Care, Hospice, Medicare/Medicaid, Nursing Homes, Respite Care, Social Security, Transportation
- **Work/Career:** Career Exploration, Job Performance Concerns, Job Search Strategies, Resume Review, Time Management, Work-Life Integration
- **Nutrition:** Diabetes, Food Allergies, Healthy Eating, High Blood Pressure, High Cholesterol, Lactation, Weight Management

The above are examples only and do not represent a complete list of the work/life services we can assist with. Contact MINES to see if we can help you find what you're looking for today!

Free & Confidential support!
Call or log on today to get started at:
1-800-873-7138 or visit
minesandassociates.com

This guide is for informational purposes only. Call MINES for complete details.

