

Work-Life Services

What are Work Life Services?

To help you balance the competing demands of work and family life, you have access to Work Life Services, where you can meet with an expert consultant who can help you find resources that make it easier to manage life's ups and downs. Work life experts can research local services that are matched to your unique needs and provide you with a comprehensive list of potential matches with confirmed vacancies and availability.

How it works:

- Intake: an in depth consultation with a work-life professional will help to best understand the nuances and details of your needs.
- Confirmed and matched to your unique needs: each provider researched for quality, and is called to confirm services and vacancies
- Referral to local providers and national services: Detailed information on services offered and fees are delivered, on average, within 12 business hours. Delivered by email, fax, mail—your choice.

Example searches:

- Natalie is looking for a summer camp for her children ages 5 and 10 within 10 minutes of their home. One of her children has a nut allergy so the facility must be allergen free. Her budget is \$400. A research specialist is able to look for local providers that meet her specifications.
- Miguel has an elderly mother he is taking care of and is also returning to in-person work. He is looking for an in-home caregiver that can arrive at 7am and depart at 5pm. He is also feeling overwhelmed and looking for a support program for caregivers of aging adults in his area. A researcher will search for providers that meet his criteria and also provide him a list of local support groups.
- Dev is hoping to buy a home for the first time and needs help understanding his finances and creating a savings plan. A provider will connect him to a financial advisor that specializes in his area of need.

How to Access Work Life Services

- **Modern Health mobile app:** Call the 24/7 Counselor Phone Line accessible via Settings or select "Explore your Benefits" from the Modern Health home screen to browse the services most relevant to your needs.
- **Modern Health web app:** Call the 24/7 Counselor Phone Line accessible by selecting your name in the top right corner and selecting "Crisis Information" or select "Explore your Benefits" from your Modern Health home page to browse the services most relevant to your needs.
- **Go directly to:** modernhealth.helpwheretheyouare.com and enter Salem Health to view services available to you.

Modern Health is your mental wellness benefit.

Access to personalized resources to help you be the best version of yourself — at home, at work, and in your relationships. To access Modern Health, **scan this QR to get started or visit [Modern Health](https://modernhealth.helpwheretheyouare.com).**
To access EAP services directly, go to modernhealth.helpwheretheyouare.com and enter your company code: Salem Health.



Work-Life Services

**24/7 Counselor Phone Line:
833-322-1931**

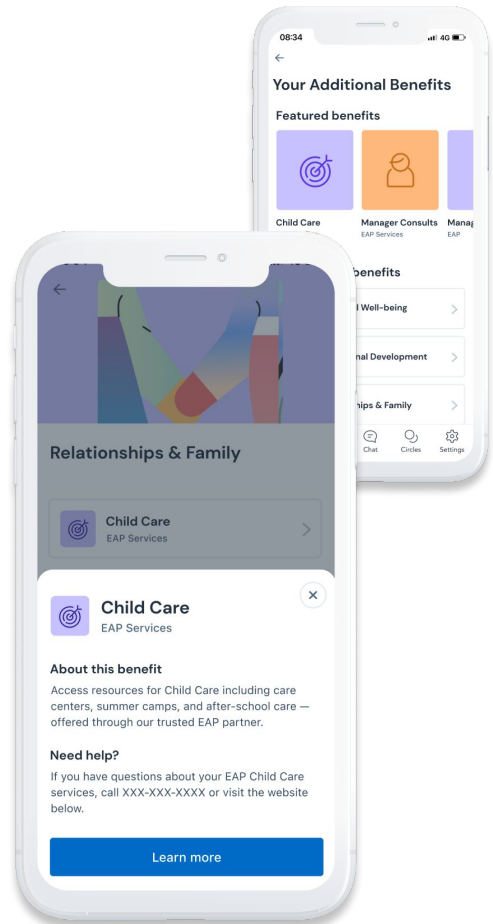
In addition to Modern Health's core one-on-one coaching, therapy, group Circles, and self-paced Courses and programs, you have complimentary access to Work-Life specialists who can help with customized research and referrals for your needs.

How to access: There are 3 ways to access

- 1) Select "Explore your benefits" from the Modern Health home screen
- 2) Go to modernhealth.helpwhereyouare.com and enter your company code: Salem Health
- 3) Directly call the 24/7 phone line for your region to speak to a counselor for support..

What are some areas that Work Life Service Professionals can help you with?

Area	Consultation and Research for:
Childcare	<ul style="list-style-type: none"> • Day Care Centers • Sick Child Care • Nanny Agencies • Lactation Support • Summer Camps • Adoption • Public and Private Schools • Tutors and much more
Eldercare	<ul style="list-style-type: none"> • Assisted Living Facilities • Nursing Homes • Adult Day Care Programs • Caregiver Support • Retirement Communities • Hospice and much more
Financial & Legal Support*	<ul style="list-style-type: none"> • Budgeting • Buying a home • Managing credit • Saving for a life event • Referral to attorneys
Education Support	<ul style="list-style-type: none"> • Preschools • Public and Private Schools • Tutors • Colleges and Universities • Technical Schools • Continuing Education • Adult Education Classes and much more
Convenience Services*	<ul style="list-style-type: none"> • Pet Sitters • Moving Support • Travel Information • Cleaners • Plumbers and much more



* Please be advised all assistance provided is meant to be informational and not a referral or recommendation. It is the employee's responsibility to pay for any services provided by the included information, and fees may vary based on the services provided.



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