Human Resources

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Work, Life, and Family Resources

Balancing work, life and family can be difficult and time consuming. Your Employee & Student Assistance Program (ESAP) can help you locate information and resources to help you find the balance you need. E4 Wellness provides you with unlimited resources and tools right at your fingertips, to help you gather information and make important decisions about your family, health, leisure time and getting the most for your money. E4 Wellness provides free services to you and your family members with a variety of resources and referrals on topics such as:

- Childcare and eldercare resources
- School planning resources
- College search and tuition financing tools
- Adoption resources
- Veterinarian and pet care searches
- Health and wellness articles, links and videos
- Behavioral health resources
- Health self-assessments and tools
- Online concierge services
- Internet-based shopping rewards and discount programs
- And much, much more...

Just call the toll-free number of visit their website to learn more about the services or to request a referral:

1-800-828-6025
www.LifeScopeEAP.com *
24 hours a day, 7 days a week

* Username: WHOI Password: guest

The Wellness Corporation - Monthly Newsletters

Each month, The Wellness Corporation provides a monthly newsletter highlighting special topics of interest. Please remember that there are a host of related articles and FAQ's on the official website.
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