



Communications Guide 2018

Providing essential support to help your employees manage work-life challenges.

Monthly Themes

LifeCare has carefully selected themes for each month based upon our deep knowledge of employee needs and challenges. In support of these monthly themes, we will offer complimentary monthly newsletters and live webinars. For the webinars, please have your employees register early each month, as these one-hour sessions fill up quickly.

January: **Start your year strong**

We can help your employees start off the year right. Whatever their resolutions for 2018, from family to fitness to finances and more, we have the tools and guidance that will enable them to succeed.

LifeMart Savings: **Health and Wellness**

July: **Relax & recharge**

Taking a break, even for just a few minutes a day, can help employees reset, refocus and become more productive. We have the tools and tailored assistance to lighten their load.

LifeMart Savings: **Theme Parks and Water Parks**

February: **Make the most of your money**

The stress and negative impacts financial challenges present can quickly add up, affecting health and productivity. We provide the knowledge and resources your employees need to be fiscally fit and secure.

LifeMart Savings: **Auto Care**

August: **Get organized**

The transition from summer to fall and the new school year can be hectic. We have the resources to help employees organize those aspects of their lives that will save them time and reduce their stress.

LifeMart Savings: **Back to School**

March: **Start fresh this spring**

Spring is the perfect time to hit refresh. Our services are designed to help your employees tackle all of their tasks this season so they are revived and refocused.

LifeMart Savings: **Travel**

September: **Jump into fall**

Fall is one of the busiest times of year. The guidance and resources we provide allow your employees to successfully tackle their fall tasks while remaining engaged, productive and focused at work.

LifeMart Savings: **Kids, Parents, and Pets**

April: **Simplify your life**

National Stress Awareness month is the perfect time to talk about the dangers and negative impacts of stress. Our assistance and tools can help reduce employees' stress and improve their well-being.

LifeMart Savings: **Taxes and Home**

October: **Work-Life balance**

Juggling their many work and life responsibilities can be a struggle for employees. Our support and solutions remove some of that burden so they focus on what matters most at work and at home.

LifeMart Savings: **Home Services and Halloween**

May: **Family matters**

As employees juggle their many responsibilities, finding time to focus on family can be tough. We offer support and resources so they can make the most of their days and enjoy more time with loved ones.

LifeMart Savings: **Entertainment and Start of Summer**

November: **Make holiday memories**

Planning and preparing for the holiday season is time consuming. We offer assistance and resources for employees' holiday needs so they can enjoy the season and continue to be productive in the office.

LifeMart Savings: **Family and Holiday**

June: **Start summer right**

Summer is a busy time with changing schedules and new challenges. We provide expert guidance and personalized resources that will support all of your employees' summertime needs.

LifeMart Savings: **Summer Fun, Dads and Grads**

December: **Warm up your winter**

As the year winds down and the holiday season ramps up, employees' to-do lists get longer and stress levels heighten. We're available to help day or night with support for all of their winter needs.

LifeMart Savings: **Holiday Shopping**



Monthly Live Webinars

Q1

January

Achieving Your Goals
Tuesday, January 23rd, 1pm

February

Controlling Your Debt
Tuesday, February 27th, 1pm

March

Living a Healthy Life
Tuesday, March 27th, 1pm

Q2

April

Be Positive
Tuesday, April 24th, 1pm

May

Planning Healthy Meals
Tuesday, May 22nd, 1pm

June

Parenting a Pet
Tuesday, June 26th, 1pm

Q3

July

Managing Your Stress
Tuesday, July 24th, 1pm

August

Get Organized
Tuesday, August 28th, 1pm

September

Maximizing Your Time
Tuesday, September 25th, 1pm

Q4

October

Find Your Balance
Tuesday, October 23rd, 1pm

November

Holiday Survival Guide
Tuesday, November 27th, 1pm

December

Staying Strong and Resilient
Tuesday, December 11th, 1pm

See back cover for calendar of all events.

Monthly Live Talks

With our monthly live talks, your employees can explore work and life experiences and learn from expert facilitators. These sessions provide insight and guidance in different subject areas, and are offered at no cost to you or your employees.



Participants will get guidance and support from a Certified Health Coach so they can learn to live a healthier life.



Parents will learn strategies and techniques to address issues that arise during the challenging teen years.



Participants who are parenting a child or loved one with special needs will get support and guidance from an advocate and expert.



This series discusses caregiving challenges, experiences and resources and programs designed to help.










Participants will explore strategies for planning financial goals and managing money to meet those goals.



This series will discuss strategies for improving skills, advancing careers, adapting to workplace change and performing to potential.

See back cover for calendar of all events.

Calendar of Events

-  = Parenting Your Teen Live Talk
-  = Financial Wellness Live Talk
-  = Caregivers Network Live Talk
-  = Succeed at Work Live Talk
-  = Parenting Your Child with Special Needs Live Talk
-  = Live Monthly Webinar
-  = Your Healthy Lifestyle Live Talk

January

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November

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For more information contact ERC

1-800-222-8590