

LifeCare.



Communications Guide 2019

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 2019, 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**



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**



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**



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**



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**



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**



July: **Focus on wellness**

Taking time to incorporate healthy habits can enable employees to become more engaged and productive. We have the tools and tailored assistance to get them on their way to living healthier lives.

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



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**



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**



October: **Work and life**

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**



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**



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

Reach Your Goals
Tuesday, January 22nd, 1pm

February

Make Smart Money Choices
Tuesday, February 26th, 1pm

March

Be Positive
Tuesday, March 26th, 1pm

Q2

April

Stress Reduction Techniques
Tuesday, April 23rd, 1pm

May

Eating Right
Tuesday, May 28th, 1pm

June

Resiliency: Bounce Back Stronger
Tuesday, June 25th, 1pm

Q3

July

The Benefits of Sleep
Tuesday, July 23rd, 1pm

August

Get Organized
Tuesday, August 27th, 1pm

September

Find Your Balance
Tuesday, September 24th, 1pm

Q4

October

Overcoming Burnout
Tuesday, October 22nd, 1pm

November

Holiday Survival Guide
Tuesday, November 26th, 1pm

December

Attitude of Gratitude
Tuesday, December 10th, 1pm

See back cover for calendar of all events.

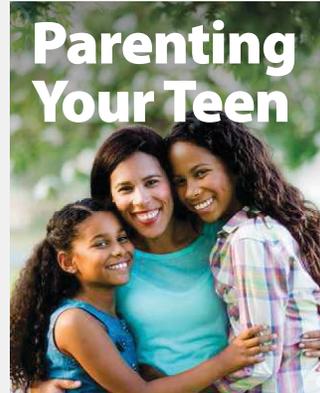
Monthly Live Talks

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.



Your Healthy Lifestyle

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



Parenting Your Teen

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



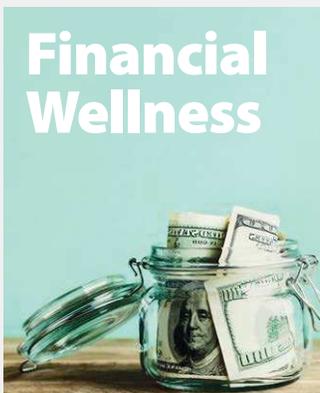
Parenting Your Child with Special Needs

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



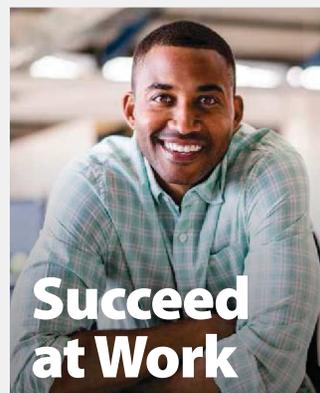
The Caregivers Network

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



Financial Wellness

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



Succeed at Work

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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For more information contact ERC

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