



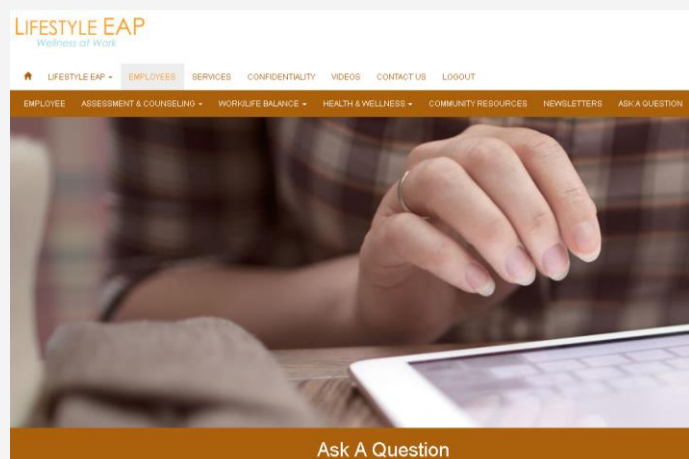
**LIFESTYLE EAP**  
Wellness at Work



## Ask a Question Feature

Ask a question about the services available to you through the Lifestyle EAP website! All inquiries are strictly confidential and will be answered in a timely manner by our credentialed professionals. Topics include, but are not limited to:

- Work/Life Balance
- Stress Management
- Financial
- Mental Health
- Family Issues
- Legal
- Substance Abuse



Lifestyle EAP Services are free, confidential & available to both employees and their family members.

Contact us today at 1-800-989-3277 or [www.lifestyleeap.com](http://www.lifestyleeap.com)