



RESOURCES FOR WORKING CAREGIVERS:

Balancing priorities—no matter how they stack up

Providing dependent care is unlike any other work or life responsibility—you're always on-duty, and there's no such thing as a deadline extension. Wouldn't it be nice to have some assistance? That's where we come in. Your work-life service can provide assistance and support resources for these and other dependent-care topics:

- Child care, elder care, and care for special needs
- Caregiver stress and work-life balance
- Support groups and community resources
- Child, adolescent, and geriatric health concerns
- Child safety and senior safety
- Unexpected events and caregiving emergencies

You and your family have free, confidential access to the service any time, any day by calling the toll-free number or logging on to the work-life website and entering your username and password.

TOLL-FREE:
800.343.2186

WORK-LIFE WEBSITE:
www.hmsincorp.com