

# LifeSolutions®

## Work-Life Balance and Productivity



LifeSolutions saves time by helping with issues that distract you from your work and home lives.

**Legal and financial advice:** You have access to free, 30-minute consultations with a licensed attorney or certified financial adviser. During these consultations, you can address:

- Legal concerns, such as landlord/tenant issues, real estate transactions, bankruptcy, child custody and other family matters, estate planning, and criminal matters.
- Debt management, credit concerns, student loans, mortgages, retirement planning, and financial hardships.

**Elder care:** Learn about resources to help you care for an aging loved one, including home care, assisted living, medications, and assistance with medical costs.

**Child well-being:** Find day care facilities, nannies, tutors, summer camps, and after-school programs.

**Concierge services:** Find assistance with utilities, rent, or food and connect with pet care services, contractors, support groups, or volunteer opportunities.

### Use your benefits

Call us 24/7 at +1 866-647-3432 (TTY: 711) to ask questions or schedule an appointment.

**To access the Work-Life section of our website, go to [www.hr.pitt.edu/lifesolutions](http://www.hr.pitt.edu/lifesolutions).**

LifeSolutions services are private and confidential. They are available to you and members of your household at no cost.

