

## WELLCONNECT STUDENT/LIFE SERVICES

# Too much on your plate? We can help you delegate.

Research job openings (with flexible hours!). Join a gym. Find a place to live. Locate a sitter. Overwhelmed by life's endless to-do lists? It's not just the big items; it's all the little things that add up and pile on stress. And it's not good for your mental well-being or physical health. WellConnect Student/Life services are available to help you address those daily living concerns so you can focus at school and be more present at home. Our specialists are highly-qualified to assist you with locating providers, resources and referrals for a range of life issues and needs.

- ✓ Personalized consultations with trained Student/Life specialists
- ✓ Referrals to local providers and national services
- ✓ 24/7 support for you and your household members
- ✓ Tip sheets, checklists and other helpful tools

### SCHOOL AND WORK

- Resume writing & editing services
- Job placement resources
- Career counseling
- Community resources

### EDUCATION

- Tutors and test-prep
- Financial aid & scholarships
- Internships
- Continuing education

### HEALTH AND WELLNESS

- Health care providers
- Specialty care
- Gyms and fitness centers
- Nutritionists
- Health coaches
- Alternative medical providers

### DAILY LIVING

- Household maintenance
- Pet care
- Dining & entertainment
- Gifts and shopping
- Moving and relocation
- Transportation
- Meals and groceries

### LEGAL AND FINANCIAL

- Real estate
- Taxes
- Estate planning
- Legal document preparation
- Civil or consumer issues
- Retirement planning
- College savings
- Life insurance
- Budgeting

### FAMILY AND CAREGIVING

- Child care and day care
- After-school programs
- Summer camps
- Special needs care
- Education and tutors
- In-home care and companion services
- Senior housing
- Meal programs and transportation services
- Hospice and rehab centers

Use the experts you didn't even  
know you had, free of charge.

**WellConnectForYou.com**  
**School code:**  
**866-640-4777**