

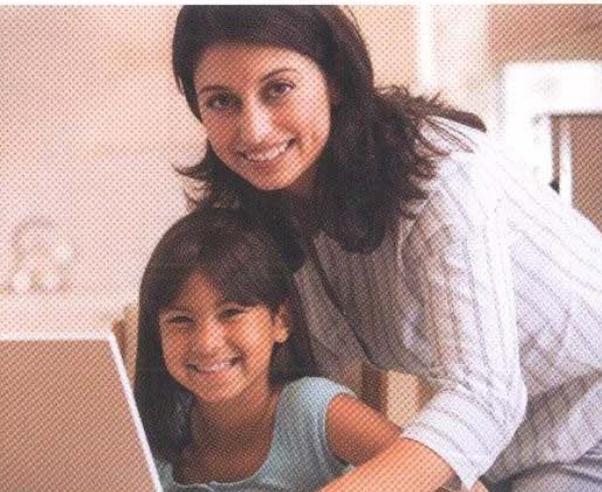
Federal Aviation Administration
WorkLife Solutions
1-800-234-1327

For TTY Users: 1-800-456-4006

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*"Can my program help me find
affordable childcare?"*



Additional Program Features

Legal and Financial Services

Referral to an attorney for services including, but not limited to, estate planning, civil or criminal matters and more. A financial expert will assist you with information on topics including, but not limited to, retirement, debt consolidation and more.

HR Concierge Services

Assistance with everyday tasks such as home repairs, auto services, realtor services, apartment locators, community organizations, etc.

Geriatric Care Management Services

Access to elder care specialists to assist you with making informed care decisions. Information and guidance will be provided and if necessary an in-home assessment can be conducted to help you develop a plan to meet your loved one's ongoing needs.

LifeManagement Services

You have access to a full range of services designed to help you with issues related to child and elder care, adoption, education and more. Visit MagellanHealth.com or call your toll-free program number to speak with a consultant and receive information and pre-screened, qualified referrals to providers and resources in your area.

It's Your Life

We can help you live it—better!



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MagellanHealth.com/member



"Can my program help me balance the demands of work and family time?"

It's All About Balance

We know that living a productive and fulfilling life requires a healthy mind and a healthy body. Unfortunately, managing the daily stresses of work, home and family can have a negative effect on our overall health and well-being. For many of us, life is quite simply "out of balance," leaving us feeling overwhelmed and stressed-out. FAA's WorkLife Solutions can help.

Some stress can motivate us to achieve things we never thought possible. But too much stress over a long period of time can cause us to do things we normally wouldn't do. It can negatively affect personal and professional relationships, make us feel overwhelmed, lose hope, and can lead to depression, anxiety and substance abuse.

A Wealth of Practical, Solution-Focused Resources

FAA's WorkLife Solutions has the resources and the experience to help you bring things back into balance.

From online resources such as self-screening tools to confidential telephonic consultations to referrals and licensed behavioral health professionals, we're here to help you make the changes necessary to reduce stress, strengthen relationships, increase productivity and improve the overall quality of your life.

Here are just a few of the challenges where your program can help:

- Managing stress
- Handling relationship issues
- Balancing work and life
- Quitting tobacco, alcohol or drug use
- Caring for children or aging parents
- Exploring career development options
- Dealing with conflict or violence
- Working through grief and loss issues
- Controlling depression and anxiety



In California, services are delivered by Magellan subsidiaries: Magellan Health Services of California—Employer Services and Human Affairs International of California.

IMPORTANT: Can you read this? If not, we can have somebody help you read it. For free help, please call your toll-free number. **IMPORTANTE:** ¿Puede leer esta carta? Si no, alguien le puede ayudar a leerla. Además, es posible que reciba esta carta escrita en Español. Para obtener ayuda gratuita, llame a su número gratuito.

Visit www.MagellanHealth.com/member or call today for information, referrals and support on topics such as:

Family	Relationship issues
Work-Life balance	Grief and loss
Stress	Depression and anxiety
Health and wellness	Alcohol or drug concerns

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Tear off the attached cards and keep them handy for quick and easy access to your program's information, resources and online tools!

"I'm feeling overwhelmed at work, how can my program help?"

