

Unum LifeWorks is a toolkit of personal and professional resources that you can use everyday to make life better.

unum *LifeWorks*



Look for this icon

or search "Lifeworks" in your app store to install the Unum LifeWorks Mobile app.

Call: 0800 048 2702
www.unumlifeworks.co.uk

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0800 048 2702 (UK)

www.unumlifeworks.co.uk

User ID: unum Password: lifeworks

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Unum

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Unum LifeWorks

Helping in every area of your life when and where you need it



Unum LifeWorks

Work-Life Assistance 24 hours a day

Unum LifeWorks is a confidential Employee Assistance Programme that can help you to run your life a little more smoothly.

It is easy to access:



Telephone



Online



Mobile app

Whether you have a simple question or a complex concern, the service is here to help you and your family with practical information and advice covering a range of topics affecting **health, family, money matters** and **work**.

Resources you can tap into providing a wealth of information



Easy Access

This is easy to access and confidential. It is available at no cost to you and your immediate family members 24 hours a day, 7 days a week, 365 days a year.

Personal Support

Speak to a caring professional counsellor, on matters affecting your emotional well-being including relationships, bereavement, stress and anxiety. (Available to employees only, except as part of couples counselling.)

Personal Legal Support

Access to in-depth help and information on any legal issue you may have questions or queries on; including:

- Consumer Advice
- Debt Advice
- Financial Law
- Motoring Offences
- Personal Injury
- Wills and Probate
- Criminal Law
- Family Law
- Medical Law
- Neighbour Disputes
- Property Law

(Available to employees only)

Referrals to local child and elder care resources

Provide a brief of your child or elder care needs and a consultant will carry out a search on your behalf and recommend available options.

Confidential Consultation

Practical information and advice on issues ranging from parenting and work matters, through to debt management and healthy eating.

Educational and Information Resources

Articles, booklets, recordings and infographics to view online or download.

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