



LIVE AND WORK WELL SERVICES

Relief at your  
fingertips.



**Wespath**

BENEFITS | INVESTMENTS

a general agency of The United Methodist Church

Center for Health

**Wespath Benefits and Investments**

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Start at [wespath.org](https://www.wespath.org) or call **1-800-788-5614**  
Log in to **HealthFlex/WebMD** (bottom of webpage)

**You have a lot to manage.  
Call us. We can help.**

### Live and Work Well Services

Live and Work Well Services covers a variety of services to support you and your family. Taking care of the small things keeps them from getting big and builds resiliency for when larger issues arise. Help yourself in order to better serve others.



### Tools and resources to make life easier:

- Work/life services from child and elder care to online time management training, to help finding legal assistance
- A mobile app so you can access these resources at any time
- In-person emotional health counseling

If you are feeling overwhelmed, Live and Work Well Services can help.

Call now **1-800-788-5614** or log on to **HealthFlex/WebMD now**.

***Note:** HIPAA regulations and stringent standards by EAP providers ensure privacy and confidentiality of services.*

