



LIVE AND WORK WELL SERVICES

Help after
the move.



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.

A new appointment can be exciting, but stressful at the same time. Live and Work Well Services, offered by HealthFlex can help make your life easier during these transitions.



Call or go online for resources such as:

- Relocation help
- Finding new medical providers
- Services in your new area such as childcare, elder care, and community information
- Tools and Tips to focus and build resiliency

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.

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.*



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