



LifeHub™ is an Internet-based service focused on the work/life issues facing most people today. LifeHub™ is a dynamic and proactive process for employees and their family to obtain expert advice and support, learn new skills and abilities, and provides companies with a direct communication link to employees.

What Does LifeHub™ Address? :::

- Career Skills
- Elder Care
- Emotional Health
- Health & Fitness
- Parenting
- Personal Finance
- Relationships
- Stress
- And Much More

Development Experiences within LifeHub™ :::

- Assessments
- Articles
- Expert Advice and Information
- Live Discussion Forums
- Learning Experiences and Training
- Online Seminars
- Quick Tips
- Worksheets & Tools

- Confidential and convenient access to expert information (24 hours a day)
- Benefit for the entire family
- Assistance with personal or professional issues
- Information filtered and approved by experts
- Increased company communication
- Improved work/life balance
- Just-in-time learning/development

Using your company's key code, you can register with your own private username and password. Your family members can also use the key card to generate their own usernames and passwords. LifeHub™ is a service that the entire family can benefit from.

After you login, take advantage of LifeHub's™ Learning Pathways to begin your own personalized wellness program. Options include:

- Stopping Smoking
- Beginning an exercise program
- Nutrition Basics
- Stress Management
- And more