



Explore **Life**   
Your best self is waiting.



Rewards Resource  
Employee Assistance Program (EAP)

24/7/365 Days a Year

Life365 is an employee assistance program that offers behavioral health, childcare, legal support, and more! Powered by LifeWorks, a third-party EAP administrator, Life365 is available to all team members, dependents, and other household members. This free and confidential program helps manage the everyday demands of your work and personal life. It's a friendly, supportive solution for those times in your life when you could use a little extra mental, physical, emotional, and financial well-being help. Trained specialists governed by federal and state laws, as well as professional ethics and licensing, are standing by — ready to assist you 24/7/365.

To explore this **just-for-you**, private space, call **1-855-777-0078** or log on to [www.BenefitsSupportCenter.com](http://www.BenefitsSupportCenter.com), and **click on the Life365 tile**. The first time you visit Life365, you'll be prompted to register, which allows single sign-on in the future and lends itself to a confidential, personalized experience upon subsequent visits to the site.

Life365 can also be accessed via **mobile app for iOS and Android** by searching for "LifeWorks." Once downloaded, click on "Log on" and enter **Walgreens** in the user name field, where you'll be prompted to enter your Walgreens Authentication. Provide your consent, and follow any additional steps to gain access.

Check out these free, confidential services!

- Work and Career Support
- Family and Relationships
- Financial Well-being
- Legal
- Disabilities
- Managing Debt

- Depression Care
- Emotional Well-Being
- Crisis Management
- Post Trauma Support
- Coping with Change
- Adoption

- Childcare and Eldercare
- Research & Referrals
- Grief Support
- Work and Life Balance
- Parenting
- Workplace Stress

**Don't wait another minute. Make today count with these best-in-class program offerings:**

- **Five free face-to-face sessions per year with a clinician in your community.**
- 24/7 private and completely confidential access by phone, online by browser (live chat), and by mobile app. To download the free app for iOS and Android, simply search for "LifeWorks" in the Apple app store or Google Play.
- 24/7 access to counseling by phone for immediate, short-term support.
- 24/7 access to professional advisors for advice, work-life support, and referrals to counselors for short-term telephonic, in-person, live by video, or virtual group counseling, as well as to other specialists such as financial and legal professionals.
- Online access to hundreds of articles, recordings, quizzes, e-books, self-assessments, and more.
- Research and connections to organizations and agencies in your community to help you address specific needs.

## Clinically Verified Online Resources

Find answers FAST! Produced and reviewed by industry experts and bestselling authors, there's a wealth of clinically verified and trusted content that covers areas related to family, health, life, money and work.

- Articles
- Toolkits
- Podcasts
- Infographics
- E-books and more

Articles are also listed as **Featured** and **Recently Updated** and a menu of **Quick Links** displays frequently accessed content and service overviews, so you'll always see what's new, first.

## Newsfeed and Snackable Content

Discover content that fits your lifestyle! Choose topics (body, mind, personal finances, relationships and work) to receive personalized, bite-sized content such as articles, book excerpts, and more, written by leading wellness industry experts and bestselling authors.

Snackable well-being is a unique way of sharing trusted content. Your "snackable" topics are confidential and visible only to you. These personalized blurbs of content take just minutes to read, and they're delivered directly through your private news feed.

## Eligibility

Retirees\*, full-time, and part-time team members of one of Walgreens family of companies or eligible subsidiaries, regardless if enrolled in Walgreens health plan, are eligible. The program also covers everyone residing within your household, as well as dependents under age 26, away at college. Also, under COBRA\*, continuation of coverage will continue for 18 months after employment ends, at no cost.

If you are covered by a collective bargaining agreement, the terms of such agreement dictate whether you may or may not be eligible for this plan.

\*Team members without a Walgreens authenticator ID, retirees, and COBRA participants must access services via the toll-free number at 1-855-777-0078.

Services under this plan do not replace medical care. In an emergency, seek help immediately.