

e4health™



Find a plumber to fix an emergency leak.



Locate a pet sitter for when you travel.

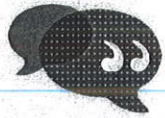
Have your lease reviewed by an attorney.



Locate options for wedding venues.



Set a budget to save for something special.



Improve communication with your loved ones.



Learn coping skills for dealing with loss.



Get support with quitting tobacco.

For all this and more, there's a **SIMPLE SOLUTION.**

800-828-6025
www.HelloE4.com
Username: vassar
Password: guest

WE'RE HERE TO HELP YOU SIMPLIFY LIFE.

Because your to-do list is long enough already, you deserve the convenience of a comprehensive service catering to you and your family. **E4 Health** is available 24/7 to provide confidential resources and referrals to support your everyday needs, including:

- Care for children, family members, or pets
- Lifestyle planning (new parent coaching, weight management, smoking cessation, stress management, etc.)
- Home maintenance and repair
- Travel and recreation
- Housing and relocation
- Volunteering
- Event and party planning
- Professional development
- Financial counseling (budgeting, taxes, credit/debt assistance, refinancing, etc.)
- Legal consultation (civil/consumer issues, real estate, wills, immigration, family law, etc.)
- ID theft prevention and recovery
- In-person and telephonic counseling (up to 3 counseling sessions per issue/year to address family/relationship concerns, depression, anxiety, grief, substance use, life transitions, etc.)



LET US HANDLE IT.

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E4 Health is available to employees and their family at no cost.

ALWAYS AVAILABLE
ALWAYS CONFIDENTIAL