

Continuum HelpNet..Online Work/Life, Wellness and Training Services

Your company can choose to subscribe to HelpNet, our online Work/Life product. HelpNet includes a comprehensive health assessment profile that individuals can use to obtain an overall picture of their health and wellness. HelpNet also contains a number of other specialized assessments which can help individuals evaluate their risk for different conditions and learn how to reduce these risks. Company Wellness Committees can utilize various components of HelpNet to support their efforts.

Self-Help Services

Continuum HelpNet offers a full collection of tools and resources that support all lifecycle and daily living categories. Your company also benefits very directly through the workplace skill-building tools and training programs.



Comprehensive Modules:

- Parenting
- Thriving
- Living
- Balancing
- Working
- Aging



Other Features:

- Over 2500 tip sheets, articles and resource guides
- Health risk assessments
- Online Skill Builders– E-Learning (workplace and interpersonal topics)
- Discounts for 8000+ child care centers
- Savings Center– Online shopping discounts
- LifeLines– Quarterly work/life magazine
- Monthly webinars



Searchable Provider Databases:

- Childcare
- Summer camps
- Pet sitter/adoptable pets
- Eldercare
- Adoption agencies
- Volunteer opportunities
- Colleges & universities
- Public & private schools (K-12)
- Attorneys

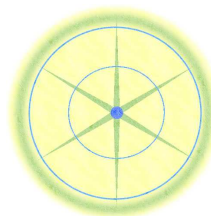


Additional Tools:

- Health Tools– Interactive health resources and assessments
- MD Hub– Online link to your physician's office
- MedLine– Online access to the National Library of Medicine
- Calculators– More than 65 financial tools

Contact Continuum EAP for a free guest pass to review our online services at your convenience.

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