

Executive Excellence and Wellness through Strategic Leadership

Work/Life Program Resources

- [Employee Assistance Program \(EAP\)](#)
An EAP is a voluntary, work-based program that offers free and confidential assessments, short-term counseling, referrals, and follow-up services to employees who have personal and/or work-related problems.
- [Worksite Wellness](#)
A positive sense of well-being is key component of a healthy, productive employee. In support of total worker health, Federal agencies offer a range of worksite services from education, prevention, and screenings to Employee Assistance Programs and occupational safety and health
- Telework
www.telework.gov: The Office of Personnel Management (OPM) and the General Services Administration (GSA) have established this interagency website to provide easy access to information about telework in the Federal Government.
- [Child Care Subsidy Program](#), [Child Care and Parenting](#) & [Dependent Care](#)

Additional Resources

The SuperTracker Tool can help you plan, analyze, and track your diet and physical activity. Find out what and how much to eat; track foods, physical activities, and weight; and personalize with goal setting, virtual coaching, and journaling.

<http://www.choosemyplate.gov/supertracker-tools/supertracker.html>

My Health Finder can be used to find out which preventive services you may need this year by entering your age, sex, and pregnancy status. You can also use My Health Finder to find out about the services recommended for a loved one.

<http://healthfinder.gov/myhealthfinder/>

<http://www.worklifebalance.com/> — Articles section at lower left side of site, quick tips, and a newsletter available

<http://www.worldatwork.org/waw/home/html/home.jsp> — Can sign up for free newsletter that focuses on Benefits and Work/Life

<http://www.worldatwork.org/waw/adimLink?id=50354> Provides White Paper on Work-Life Balance and the Economics of Workplace Flexibility (answers some of your retention questions, starting on p 17)

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