



Future channels for guidance include:

LifeGuides is excited to extend our services to you and your team by offering multiple new channels that feature convenient, confidential and professional support. In addition to our initial offering, the Aging & Family Caregiving bundle, we plan to release 19 new Life Challenges in 2019.

Caring for a Loved One while Maintaining a Career

Over 70% of working caregivers say they suffer from work-related difficulties. As the number of working caretakers in the U.S. rapidly increases to almost 33%, it's important to seek solutions for alleviating stressors that often coexist between your employees' home life and work life.

Taking Care of Aging Parents

Being the caretaker for an aging parent and working a full-time job is difficult to navigate. Those with caregiving responsibilities reported around 20 hours of additional work at home per week. By matching with a Guide who understands their challenges, your employees will have an outlet for discussing their stress, worry and concerns.

Suffering from the Loss of a Loved One

85% of management-level employees indicated their decision-making ranked from "very poor" to "fair" in the months following a grief incident. Coping with the loss of someone you love is never easy when you feel alone. Offering support and understanding to your employees during difficult times will help them manage their grief and show them you truly care.

Battling Breast Cancer

(Support for employee as either the patient or caregiver)

1 in 8 women living in the U.S. will be diagnosed with breast cancer. More than likely, you or someone you know will be affected by the disease at some point. While it might feel difficult to navigate this unpredictable life event, it's a lot easier with the support and advice from a Guide who has gone through this journey before.

Experiencing the Birth of a First Child

(Support for employee as either the patient or caregiver)

Each year, approximately 1.5 million people living in the U.S. become first-time parents. This time is both joyful and stressful for many mothers and fathers, especially while trying to balance work life. Knowing you have someone to call on when you're feeling overwhelmed is both relieving and comforting. .

Losing a Home to Natural Disasters

Last year in the US, over \$306 billion in damages caused by natural disasters were reported. Whether it's flooding damage or losing your home, when a natural disaster strikes, it leaves you confused, upset and often feeling broken. While you can't prevent this type of loss, you can extend a helping hand to your employees by offering the support of an experienced Guide.

Coping with the Opiate Addiction of a Loved One

(Post-addiction support will soon be offered)

In the past 7 years, opiate addiction in the U.S. has increased by 500%. Losing a loved one to this challenge—whether it's the loss of a relationship or loss of life—is painful. It's often a difficult topic to discuss, but having someone you can confide in helps ease the hurt, suffering and confusion.

Supporting Those with Chronically Ill Children

15+ million children age 17 years and younger suffer from a chronic health problem. Parents with additional caregiving responsibilities report their stress leads to depression, marital discord and absenteeism at work. Having a Guide to talk to creates a safe space for your employees to discuss their feelings and problems, so they can alleviate their internal pain.

Helping with the Adoption of a Child

Around 140,000 children are adopted by American families each year. This process is by no means easy and comes with a lot of stress, worry and difficulties. With 1 in 3 families considering the adoption of a child at some point in their lives, it's important to encourage and support your employees if they choose to embark on this exciting, yet life-changing, journey.

Navigating the Difficulties of Divorce

(Coming soon—Parenting in Divorce)

Divorce deeply affects one's ability to work and stay focused. Leading up to a divorce, work productivity is lowered by an estimated 40%. Offering the support of an experienced Guide who knows what your employees are going through is cathartic and helps them move through a process that often makes them feel lonely, isolated and hurt.

Feeling Alone

Loneliness deeply affects people's mental and physical health. When it comes to work, studies show a relationship between exhaustion and loneliness as one of the leading causes for "burnout." Speaking to a mentor or friend has been proven to reduce the feelings of stress, anxiety, depression and poor health, while enhancing a person's life.

Parenting Without a Partner

Raising a child without a partner is difficult, especially when it comes to balancing a work and home life. Right now, there are about 12 million single-parent families with children under age 18. Our Guides offer your employees convenient and confidential support whenever they feel like they need someone to talk to about this journey.

Fighting Cancer

Approximately 38% of men and women will be diagnosed with cancer during their lifetime, which means it's likely that you or someone you know will face this horrible disease. Being a patient or acting as the caregiver for a person with cancer is emotionally and physically exhausting. With LifeGuides, you don't have to fight this battle alone.

Alleviating Workplace Stress

On a daily basis, an estimated 1 million workers stay home, because they feel too stressed to face problems at work. With over 40% of workers saying they need help in learning how to manage their stress from work, LifeGuides is a viable solution to help alleviate this problem and get your workers back on track to feeling happy, motivated and excited for each day at work.

Helping with a Disability and/or Serious Injury

In the US, around 20% of the population has a disability. This often means someone who works for you is either the caregiver for person with a disability or might have one themselves. Having someone to talk to who understands their challenges is an extra layer of support that makes your employees feel understood, heard and valued.

Addressing Problems Within a Marriage/Family

Love unfulfillment, financial concerns and communication misunderstandings are named as the top three reasons for stressful relationships. Dealing with serious family issues has a direct affect on your employees' ability to stay focused and present at work. Having someone to listen to their problems reduces tension and helps balance life in a positive way.

Aging Mindfully and Optimally (Over Age 50)

45% of adults over the age of 50 are employed. Research shows purpose and life fulfillment lead to health and life longevity. Speaking to a Guide who can help your employees with techniques for practicing how to age mindfully and optimally sets them on the path for living a balanced and healthy life.

Raising Grandchildren

Right now, there are currently over 2.7 million grandparents in the U.S. who are raising their grandchildren—many of whom are still balancing work (around 50%). Raising a grandchild can be an unexpected event in a person's life, so it's important to provide support during a major transitional period like this.

Creating Greater Health Habits

Studies show that less than 5% of adults perform 30 minutes of physical activity each day. This deeply affects a person's ability to work, because cognitive functions are directly related to one's eating habits and physical regimens. The more active and healthy your employees are, the more likely they will perform better. LifeGuides offers valuable guidance—and online resources—for happier and healthier lives.

**Launch sequence depends on preferred customer demand.*

Our decision to extend our services into these 19 different channels for corporate partners—like you—reflects our commitment to reaching more people who feel the pressure of life's inevitable challenges.

We are here to help alleviate the stress, hurt and confusion that comes with the realities of life. As we connect deeper with our humanity, it's important to remember Life Challenges are real and they face each and every one of us.

You can show your employees you care by giving them the space to talk about what's going on in their lives, providing a positive outlet and offering them the support system they might desperately need.

When we partner together, life doesn't seem so hard. We're better spouses, mothers, fathers, friends, family members, coworkers, employees and bosses.

Simply put, we're better together.

Interested becoming a corporate partner with LifeGuides?

Talk With Our VP