

HELPNET is an easy-to-access, online, education portal that has the tools, tips and resources to help your employees and their families live happier, healthier lives.

From information on health and emotional well-being to personal growth and training, 24-hour-a-day assistance is only a click away!



Drawing from best-in-class contributors, such as **Harvard Medical School, Nolo Legal Press and FinanCenter**, we aggregate thousands of resources into an easy-to-access and easy-to-navigate website.

Health - Hundreds of videos, over 2,000 Harvard Medical School reviewed articles and dozens of health assessments

Balanced Life - 100 interactive tools and videos and over 400 articles

Mental Health - 50 health assessments and videos and over 350 articles

Training - 45 interactive training courses and 400 articles

Financial - 140 calculators, 95 common federal tax forms, thousands of state-specific tax forms and articles

Legal - Hundreds of state-specific legal forms and over 1,000 articles

Search for Child Care

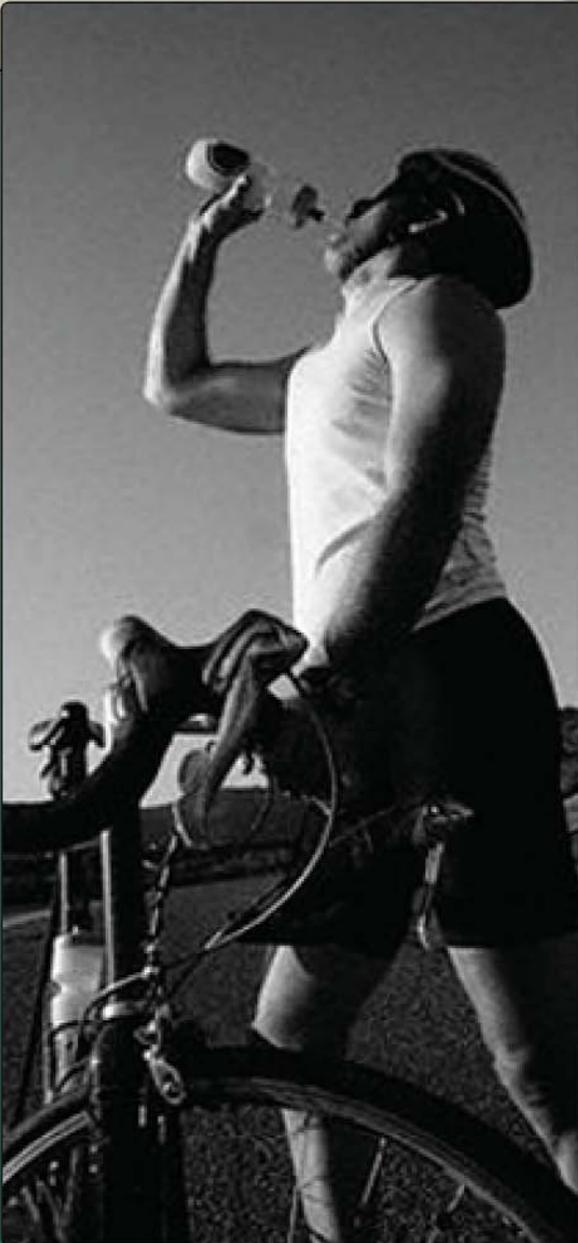
Search over 400,000 programs for child care centers, family child care providers, in-home/nanny agencies, summer camps and adoption

Search for Senior Care

Search over 420,000 programs for housing, assisted living, in-home services and nursing homes

Want to get fit? Want to know your risk of getting diabetes? Interested in information on safety in the workplace? A variety of articles on every topic from pregnancy to cardiac arrest can be found in our Health section.

Browse through the articles, videos and health assessments to get a better understanding of your health and how to better manage it.



Learn about everything from disease prevention to best nutrition practices. Categories include:

- Disease & Conditions
- Fitness and Nutrition
- General Health
- Healthy Lifestyles
- Safety

Take a wellness assessment to evaluate your health. There are assessments for:

- Diabetes
- General well-being
- Cardiac Risk
- General Health Risk

100s of professional medical videos cover topics from cancer to alternative medicine. Topics include:

ADD/ADHD	Fitness	Childbirth
Allergy	Gastrointestinal	Sexual Health
Alternative Medicine	Health	Skin Health
Arthritis	Hair Loss	Sleep Disorders
Asthma	Headache	Special Events
Beyond Dieting	Healthcare Today	Stroke
Body Aches & Pains	Healthy Aging	Surgeries & Procedures
Breast Cancer	HIV & AIDS	Teen Health
Cardio Health	Infectious Diseases	Women's Health
Cancer Awareness	Kidney Health	Workplace Health
Children's Health	Leukemia	Urologic Health
Colon Cancer	Liver Health	Vascular Diseases
Contraception	Lung Cancer	
COPD/Emphysema	Lymphomas Overview	
Dental Health	Multiple Sclerosis	
Diabetes	Men's Health	
Elder Care	Mental Health	
Emergency Room	Nutrition	
Epilepsy	Osteoporosis	
Eye Care	Parkinson's Disease	
Fertility	Pregnancy &	

If life were only as simple as a 40-hour work week. The truth is, we all have more than one job. Raising children, caring for parents, taking on a second job or counseling friends, are just a few of the daily jobs we struggle to keep in balance. Our employment pays the bills, but our other roles in life are equally important.

We offer a wide variety of content on topics like aging, education, managing work and family, effective communication, parenting and pet care that help you keep your busy life in balance.



100 professional videos help you better understand how to achieve a balanced life. Videos include:

Childbirth & Pregnancy

Labor and Delivery, Nutrition and Fitness, Prenatal Health, Tests and Procedures

Raising Teens

Teens At Risk, Mental Health, Parenting Issues

Elder Care

Alzheimer's Disease, Caregiver's Information, Grieving

Healthy Aging

Overactive Bladder, Parkinson's Disease, Sleep Disorders, Stroke

Workplace Health

Back, Eye Care, Legs, Neck and Shoulders

Over 400 high quality articles help you achieve a healthy, balanced life. Educate yourself on the following topics:

Education

Paying for College, Sources of Financial Aid

Later Life

Caring for an Aging Love One, Caring for the Care Giver, Healthy Aging

Later Life :: Planning

Elder Law, Estate Planning: An Introduction, Healthcare Directive and Powers of Attorney, Living Trusts, Long-Term Healthcare, Medicare, Medicaid, Medigap and Managed Care, Probate and Executors, Retirement Plans, Social Security, Wills

Later Life :: Providing Care

Elder Care Videos, Caring for a Parent, Caring for a Partner, Caring for the Care Giver, Caring for Yourself, Long-Term Care

Managing Work & Family

Focus on the Family, Focus on the Working Person, Focus on Work, Managing Employees with Families

Parenting

Adoption, Child Care, Child Development, Pregnancy, Raising Teens

Pet Care

Pet Health, Pets and Your Health

Your family, your friends, your career - we know that you often put yourself last in line. But, we all need a little self-care.

We offer hundreds of self-assessments, videos, and articles covering a wide range of topics related to mental health and well-being.



Use over 50 mental health assessments and professional videos to learn more about everything from anxiety and stress to alcoholism and eating disorders:

Mental Health Assessments include:

Alcohol, Anxiety, Bipolar Disorder,
Depression, Eating Disorders, Post-
Traumatic Stress Disorder

Mental Health Videos include:

Abuse & Addiction, ADHD, Alcoholism,
Depression, Coping with Grief, Stress and
Anger Management, Sexual Issues,
and Schizophrenia

Over 350 articles bring you information on every aspect of mental health and well-being. Categories include:

Abuse & Addiction
Anxiety Disorders
Attention Deficit Disorder (ADHD)
Child and Family Problems
Depression
Eating Disorders
Grief
Stress



Learn how to manage your time more wisely, communicate better with your supervisor and spend more time with your family.

We offer instructional information on everything from effective communication to leadership. If you need help writing a presentation or planning a meeting, we have resources that can help.



45 professional, online, interactive soft-skills training courses on topics from supervision and business management to managing stress and achieving personal goals. Take dozens of courses on any of the following:

- Human Resources
- Performance Management
- Leadership
- Communications
- Supervision
- Business Management
- Team Building
- Staying Positive
- Personal Growth

Over 400 articles on personal growth and development provide you with information on how to better yourself. Categories include:

- Effective Communication
- Effective Supervision
- Managing Work & Family

Whether you are managing your money, buying a home, investing in your future or creating a retirement plan, the work of finance can be a challenge.

We provide a wealth of high quality resources to help you navigate the financial maze, including valuable financial calculators. You can access information on banking, budgeting, auto financing, insurance, investing and much more. The calculators and tax forms make planning and budgeting a breeze.



Use 140 sophisticated, consumer friendly calculators to crunch numbers for everything from your projected monthly car payments to how much college is going to cost.

Included are:

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|---------------------------|-----------------------------------|
| 11 Auto Calculators | 6 Home Equity Calculators |
| 12 Bonds Calculators | 7 Life Insurance Calculators |
| 8 Business Calculators | 15 Retirement Calculators |
| 7 Budget Calculators | 11 Mutual Funds Calculators |
| 6 College Calculators | 8 Roth Ira Calculators |
| 8 Credit Card Calculators | 6 Salary and Benefits Calculators |
| 17 Home Calculators | 9 Savings Calculators |
| | 9 Stock Calculators |

Over 1,000 articles will help you become financially savvy in no time. Topics include:

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|-----------------------|---------------------|
| Automobile | Insurance |
| Banking and Credit | Investing |
| Budgeting | Salary and Benefits |
| Education | Small Business |
| Estate and Retirement | |

Check out 100s of helpful tax forms:

Federal Tax Forms

Federal forms, schedules, and instructions, for individuals and businesses.

State Tax Forms

State specific forms, schedules and instructions, for individuals.

Legal issues? We can help. Whether you're having trouble with your landlord or problems with a traffic ticket, there's information here that will guide you through these challenges.

We provide access to legal information on a wide variety of topics including real estate, taxes, elder care, consumer laws and much more.



Over 1,000 articles on legal topics, ranging from real estate to how to represent yourself in court, can guide you through the simplest to most difficult legal situations. Subjects include:

Businesses & Corporations	Marriage & Living Together
Cars & Tickets	Neighbors & Pets
Consumer Law	Personal Injury
Contracts	Real Estate
Criminal Law	Retirement & Elder Care
Debt & Bankruptcy	Taxes and Audits
Divorce & Child Custody	Trademarks & Copyrights
Immigration & Green Cards	Travel
Independent Contractors	Wills & Estates
Insurance	
Internet Law	
Landlords & Tenants	
Lawsuits & Mediation	
Lawyers	

