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[Home](#) > Employee Assistance/UA Life & Work Connections

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## Policy Contents

- [Policy](#)
- [Related Information\\*](#)
- [Revision History\\*](#)

## Policy Information

**Last Revised Date:**

May, 2014

**Policy Number:**

UHAP 10.06

**Responsible Unit:**

Division of Human Resources

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## Policy

The University provides a variety of health promotion, employee assistance, child care and elder care programs for University employees who are benefits-eligible. These services are provided by trained and certified helping professionals.

**Employee Assistance Counseling/Consultation** provides free, voluntary and confidential consultation, short-term counseling when appropriate, and referral to community resources.

**Elder Care and Life Cycle Resources** offers assistance to employees providing care for aging family members or anticipating their own needs as they approach retirement.

**Worksite Wellness** provides educational presentations on nutrition, fitness, body image, cancer prevention, conducts worksite health screenings and lifestyle consultations, provides referrals to community resources, and offers CPR training.

**Child Care and Family Resources** provides child care services and information to faculty, staff and students. These programs include resource and referral services, a sick child care program and a financial assistance program for child care expenses.

Additional information is available from UA Life&Work Connections or online as follows:

- UA Life&Work Connections  
<http://lifework.arizona.edu/> [2]

## Related Information\*

Additional information is available from [UA Life & Work Connections](#) [2].

## Revision History\*

Repealed March 8, 2016

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### Source URL:

<http://policy.web.arizona.edu/employmenthuman-resources/employee-assistanceua-life-work-connections>

### Links

[1] <mailto:hradmin@email.arizona.edu>

[2] <http://lifework.arizona.edu/>