

LifeResources Program

The LifeResources Program is Raytheon's integrated employee assistance and work/life resource and referral program. Offered through United Behavioral Health, LifeResources provides you and your household members with free, confidential resources and expertise to help you deal with everything from the demands of everyday life to major life events. Whether you need help with or information about better balancing your job responsibilities with your personal obligations, finding a good day care center, dealing with financial problems or getting help handling anxiety or a substance abuse problem, LifeResources can help.

You may contact LifeResources by phone or via the Internet 24 hours a day, seven days a week. The toll-free telephone number is 866-640-7008 (the TDD is 800-842-9489). The web address is <http://www.liferesourcesray.com>. Remember, LifeResources can help you with a wide range of personal and work-related issues, including:

- Locating a nearby childcare facility
- Finding housing or caregiving options for an aging relative
- Enhanced eldercare assistance
- Legal and financial issues
- Getting assistance from the Autism Support Program
- Hiring a plumber or electrician
- Connecting with a counselor for help managing stress
- Getting help with depression, alcohol or drug abuse
- Lactation program
- Online personal coaching

There's never any out-of-pocket cost for using LifeResources. And if you have a personal or work-related problem requiring one-on-one counseling, your LifeResources benefit includes up to eight counseling sessions per problem per year. (So unless you are referred for additional counseling, you don't use up any of the other mental health and substance abuse benefits provided through your Raytheon medical plan.)

For more information, or to contact a LifeResources counselor, visit the LifeResources web site or call 866-640-7008.

* Benefits for employees represented by a bargaining unit will be in accordance with their collective bargaining agreement.