



NuVantageSM

Employee Resource

Your free and confidential resource for work-life wellness

News from NuVantage

Spring • 2016

When It Comes To Legal Matters

Legal situations happen to everyone and come in all shapes and sizes:

- Parking tickets
- Bill collection
- Bills of Sale
- Child Support
- Wills
- Car Accidents
- Bankruptcy
- Divorce
- DUI
- Health Care Directives

These events are often unpredictable and most people are unprepared to handle them. Not every legal situation requires the assistance of an attorney. Sometimes, you are able to understand the process and prepare the paperwork on your own. You can visit the Legal Resource Center on the NuVantage Wellness Portal for common documents for many simple legal issues.

When you don't understand the law, you feel overwhelmed by the process, or a lot is on the line, you may want to consider hiring an attorney to assist you. When meeting with an attorney there are a number of questions you'll want to ask:

- How long has the attorney practiced law?
- Has the attorney handled a case like yours in the past?
- Who are the attorney's typical clients?
- How will fees and costs be billed?
- When will they be due?
- What will you be charged for?
- Are there other ways to resolve your issue?
- What is the attorney's strategy for your case?
- How will the attorney communicate with you?
- What is the likely outcome of your situation?

NuVantage has a network of skilled attorneys who can assist you with a variety of legal matters and accessing them through NuVantage entitles you to a 25% discount off their normal fees.

Call 800.577.4727
TO CONSULT WITH A LAWYER



It's Tax Season

Tax season often means money in the bank. If you need help planning how to spend (or save) it, contact NuVantage to speak with a certified financial counselor.

800.577.4727
www.NuVantage.org

NuVantage Employee Resource is a service of:



Lutheran Social Service
of Minnesota
for changing lives

Imagine new possibilities.
Create solutions that work for your life.

Improve Your Health By Being Social

Social connection is a basic human need that has benefits for emotional, mental, and physical health. Studies have shown that positive benefits include:

- Strengthening the immune system
- Lowering the risk for depression and anxiety
- Boosting self-esteem
- Improving the ability to be empathetic
- Decreasing the release of stress hormones

Not having adequate social connections is a far more powerful determinant of negative health than being overweight or smoking. Studies reveal that lack of social connection can result in:

- Increased risk of premature death
- High blood pressure levels
- Disrupted sleep

Do you have strong social support in your life?

Do you have at least one person in your life who:

- You feel comfortable being with?
- You can share your inner thoughts and feelings with?
- Can help you solve problems?
- Makes you feel valued and accepted?

If you answered no to any of these questions, or you would like to increase your social circle, here are some things you can try:

- Take a community education class
- Join a club
- Volunteer
- Reach out to friends or family
- Join a social media site [to supplement, not replace face to face interaction]

Sometime people can have social anxiety or shyness that prevents them from reaching out and connecting with others. Other times, people can feel so overwhelmed and unable to cope that it is difficult to know how to connect with people.

If you find yourself in these situations, it may be helpful to speak with a mental health professional. Contact NuVantage to find a professional in your community.

WWW.NUVANTAGE.ORG

password: wellness



Get Connected!

You can now send NuVantage an instant message on our website. You can complete the intake process or ask for resources and information. Visit www.nuvantage.org and find the "Chat with us!" box.

"Chat with Us!"
www.NuVantage.org