



Your free and confidential resource for work-life wellness

News from NuVantage

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## New Wellness Portal Resources

NuVantage is partnering with MyLifeExpert to bring you exciting new resources to support work/life wellness. You can link directly from your phone for access on the go, or through the NuVantage website. Our new wellness portal through MyLifeExpert provides thousands of up-to-date, topic-related articles, videos, podcasts, calculators, interactive checklists, webinars and more.

### Topics include:

- Career & Military
- Child Care & Education
- Eldercare
- Everyday Living
- Financial & Legal
- Health & Wellness

### Ways to access the wellness portal:

- Scan the QR code
  - Call or email NuVantage
  - Go to [www.NuVantage.org](http://www.NuVantage.org)
- Ask your Human Resources Representative for your employer's company code or contact NuVantage.

### Let us know if you have questions:

[NuVantage@lssmn.org](mailto:NuVantage@lssmn.org) | 800.577.4727



**When you are struggling with a situation in your life,  
you need the right help at the right time. NuVantage is here for you.**

Free and confidential.  
24 hours a day, 7 days a week.

**800.577.4727**

[www.NuVantage.org](http://www.NuVantage.org) | [nuvantage@lssmn.org](mailto:nuvantage@lssmn.org)



Provides NuVantage Employee Resource as a service.

## Social Support

Research shows that social support is vital to mental and physical well-being.

Who is in your social support network – friends, family and work colleagues? No one person or group can meet all your social support needs. Consider ways to broaden your network by developing relationships from different categories.

- Educational or Career Associations
- Hobbies like photography, woodworking or antique cars
- Life Stages along the continuum from young adult to older adult life
- Lifestyle Interests like sustainable practices or frugal living
- Lived Experience Groups like combat veterans or single parenting
- Political or Faith Groups

Social connections provide positive feedback and encouragement.

They empower you to learn and grow, to manage stress and to build resilience.

*"Friendship is born at that moment when one person says to another, 'What! You, too? I thought I was the only one.'"* ~ C. S. Lewis, writer and theologian



Contact NuVantage to talk with an EAP counselor about broadening your social connections.  
**NuVantage can help.**

**800.577.4727**

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**Contact Us Today!**