



Help when **you** need it

Your Employee Assistance Program provides the following no cost confidential services:

- Up to 6 counseling sessions
- Child & eldercare resources
- Legal & financial consultations
- Work/life support & referral services
- Online tools & resources

**Call us today and let us help you live your best life.**

Your Employee Assistance Program is dedicated to providing confidential services & support to you at no cost -  
**24 hours a day, 7 days a week, 365 days a year.**



**Toll-Free Phone Access:**

**1(833)539-7285**



**Website:**

**<https://sowi.mylifeexpert.com>**  
**Code: SOWI**



**UNIVERSITIES OF  
WISCONSIN**



Scan this QR  
Code to go  
directly to the  
website