



SHORT HOLD TRIM LINE - DO NOT PRINT

FEDERAL OCCUPATIONAL HEALTH

IQ: INFORMATION QUEST



DEPARTMENT OF STATE RESOURCE AND REFERRAL SERVICE



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IQ:Information Quest Help is available all day, all week, all year.

Call Us Toll-free!

Domestic US: 1-866-552-IQ4U (4748)

TDD/TTY: 1-800-873-1322

Overseas: 00-1-866-552-4748 (use other dialing prefixes as necessary)

International TTY callers, please have the relay operator make the initial call.

Once authorized by voice, the TTY machine may be used.

www.WorkLife4You.com

Department of State Resource and Referral Service

Federal Occupational Health is a division of
U.S. Department of Health and Human Services



Introducing IQ:Information Quest

Life can be challenging... Major life events, such as having a baby, going to college, caring for an aging loved one, or planning for retirement, can be overwhelming because they compete for your valuable time whether you're at work or at home. Searching for child-care, health information, or elder care requires countless hours of time. To provide Work/Life support, the Department of State offers IQ:Information Quest services to all full-time, part-time, permanent and temporary Department employees and their immediate family members. This comprehensive resource and referral program is provided **at no cost to you.**

ASSISTANCE AROUND THE CLOCK

The IQ:Info Quest's team of highly trained Specialists will answer your questions, provide information, and help you find a wide variety of services 24/7. You can reach a Specialist any time of the day, any day of the week or year by calling the toll-free number **1-866-552-IQ4U**, or by emailing directly to **Specialist@LifeCare.com**.

You'll find that the Specialists are always ready to help. They will customize your search by talking with you about your specific needs, and will then locate the resources and information that best meet your needs, saving you hours of valuable time! Through the IQ:Info Quest program, you can request free Infant Care, Child Safety, College Care, Adult Care, and Be Well Kits that are packed with valuable safety and educational items.

WE'RE ON THE WEB AT WWW.WORKLIFE4YOU.COM

If you prefer, you can log on any time to the IQ:Info Quest website **www.WorkLife4You.com** and search the database for an instant listing of providers in your area (childcare, colleges, retirement, and more). On the IQ:Info Quest website, you'll find information about various topics of interest and thousands of pages of educational content, and you can download free informational guides. You can also register for on-line seminars on topics ranging from Stress Management to Child and Adult Care, Nutrition, and Adoption.

TO ACCESS IQ:INFO QUEST ON-LINE RESOURCES

For new AND current users: log on to **www.WorkLife4You.com** and look for the "Member Login" box.

Enter screen name: **statedepartment** and password: **infoquest** (case sensitive).

Use the same codes each time you log on.

If you have trouble logging in to the site, please contact the WorkLife4You help desk at **888.604.9565**, or **Help@LifeCare.com**.

LET IQ:INFO QUEST DO THE RESEARCH WORK FOR YOU!

Here is a sampling of the resources available to you:

FAMILY

- Child Care
- Eldercare
- Prenatal
- Work and Family
- Parenting
- Grandparenting

HEALTH AND WELLNESS

- Men's Health
- Women's Health
- Children's Health
- Seniors' Health
- Emotional Health
- Diet and Nutrition
- Fitness and Exercise
- Safety

EDUCATION

- Summer Programs
- Special Education
- Preschool
- Nursery School
- Kindergarten
- Elementary/Middle/High School
- College
- Financing Education

FINANCIAL/LEGAL

- Credit and Debt
- Preparation of Wills
- Personal Finance
- Medicare
- Medicaid
- Real Estate and Loans
- Retirement Planning

DAILY LIFE

- Travel
- Moving/Relocation
- Home Improvement
- Automotive Services
- Consumer Information

OTHER PROGRAM ADVANTAGES

Other services include enhanced legal services that provide three free consultations per year and free or discounted legal document preparation. Enhanced financial services provide three free visits of in-person assistance with Certified Financial Planners for help with many financial issues and concerns. Geriatric Care Management

Services entitle employees with up to three free "Flexible Care Hours" of in-person assessments or services for caregivers and their loved ones. Enhanced Relocation Services provide new and current employees with personalized relocation packets that detail community information as well as referrals for real estate agents, and moving or storage companies. Our trained Specialists are ready to help you with all of your Work/Life needs!

YOU CAN CONTACT A SPECIALIST USING IQ:INFO QUEST'S EASY TO REMEMBER, TOLL-FREE NUMBER!

Call **1-866-552-IQ4U (4748)** to reach a Specialist any time of the day, any day of the year. If you are hearing impaired, call TTY **1-800-873-1322**. Overseas? If you're able to use toll-free numbers, call **00-1-866-552-4748**, or use other appropriate prefixes as necessary. For International TTY callers, please have the relay operator make the initial call. Once authorized by voice, the TTY machine may be used.

EMAIL A SPECIALIST DIRECTLY

You can also email requests for personalized research or referrals directly to: **Specialist@LifeCare.com**

NEED ASSISTANCE?

For phone or online assistance, call the Help Desk at **888-604-9565** or email **Help@LifeCare.com**.

LET IQ:INFO QUEST HELP

The State Department understands that trying to manage daily responsibilities and life events can be a real challenge at times. Let IQ:Info Quest do the research so you can spend time on other important matters. IQ:Info Quest is a voluntary and confidential program offered through a partnership with the Department of State, Federal Occupational Health and LifeCare, Inc.

