

## Smooth moves: help when it's time to pull up stakes

Just about everyone groans upon hearing the word “move.” There is so much to do on both sides of a move. And it can be overwhelming to even the most energetic and organized of people.

### Call on your worklife services to help make your next move a smooth one!

Use your worklife benefit for personalized relocation assistance. Consultants are available with a quick toll-free call. They can:

- Conduct comparisons across communities on the things that are important to you, such as: cost of living, housing availability, schools and crime statistics
- Research your destination, including housing and housing locator services, schools, medical care, shopping areas, community demographics, houses of worship and financial institutions
- Provide referrals to movers, realtors, appraisers, inspectors, mortgage companies and home improvement services
- Help with referrals to local resources, such as child care or elder care providers, community services, pet care, utilities, auto repair, fitness facilities, public transportation options, insurance agents, cleaning services and Department of Motor Vehicle locations
- Send educational materials, including handy checklists, moving tips, stress management information and articles on helping children adapt to a new home and new — everything!

## Resources *for Living*<sup>®</sup>



## Quick tips on packing like a pro

- Keep boxes under 50 pounds.
- Pack one room at a time — finishing each room will provide a sense of progress.
- Use specialized boxes for wardrobe, dishes and other unique items.
- Where possible, break down furniture to make pieces easier to move.
- Pack items to be used the first day in one box and mark clearly.

Help is available 24 hours a day,  
7 days a week.

**1-866-522-8509**

**[www.resourcesforliving.com](http://www.resourcesforliving.com)**

**Username: GW-Wellbeing**

**Password: Yourlife**

## Wellbeing Hotline



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