

[LifeWorks - Flu Resources](#)

LifeWorks offers a variety of resources on preparing for and coping with the flu. Find online resources by typing "flu" in the search box. **Canada:** 1-800-567-2255 In the **U.S. :** 1-877-582-3683. **Canada Access:** User ID: ALUCN / Password: LifeWorks **U.S. Access:** User ID: ALU / Password: LifeWorks

[LifeWorks - Blending Holiday Traditions](#)

As families change and grow, so do holiday traditions. If this is your experience, consider blending traditions. Learn more by typing “Blending Traditions during the Holidays” in the search box. Go online - Canada Access: User ID - ALUCN, Password - LifeWorks; U.S. Access: User ID - ALU, Password - LifeWorks or call in Canada, call 800-567-2255; in the U.S., 877-582-3683

[LifeWorks - Homeowner Checklist](#)

Use this handy checklist to ensure your home is prepared for the winter weather. Print a copy by typing "Homeowner's Pre-winter Checklist" in the search box. Go online - Canada Access: User ID - ALUCN, Password - LifeWorks; U.S. Access: User ID - ALU, Password - LifeWorks. Need to find a contractor? Call LifeWorks at 1-800-567-2255 in Canada; or 1-877-582-3683 in the U.S.

[LifeWorks - Save Time](#)

Save time searching for dependent care or get support managing life's many demands with LifeWorks, Alcatel-Lucent's resource and referral program.

Contact a LifeWorks counselor at 1-800-567-2255 in Canada; 1-877-582-3683 in the U.S or go online - Canada Access: User ID - ALUCN, Password - LifeWorks; U.S. Access: User ID - ALU, Password - LifeWorks