

LifeWorks Quick Start Guide



24/7 virtual access to mental health professionals.*



Counseling available in other languages subject to availability.



\$0 session fees.



Individualized treatment plans by licensed consultants.



Counseling available in a variety of modalities including in person, tele-counseling or video counseling.

Getting Started

Call LifeWorks:

Call the LifeWorks group contact number anytime for help to schedule an appointment:

866-835-0234

This number is only for Zion Health members.

Download the App:



Download the LifeWorks app from the [Google Play Store](#) or [Apple App Store](#). You can also access your LifeWorks account online through the [LifeWorks website](#) and log in with the following information:

Username: [zionhealth](#)

Password: [lifeworks](#)

LifeWorks Master Level clinicians will work with you to create an action plan to help you address your concerns and meet your needs. In some cases, LifeWorks may recommend you seek additional help beyond what is included under the LifeWorks program.

*California residents are limited to three sessions per topic in a six-month period.

This program is not insurance and is not intended to replace insurance.