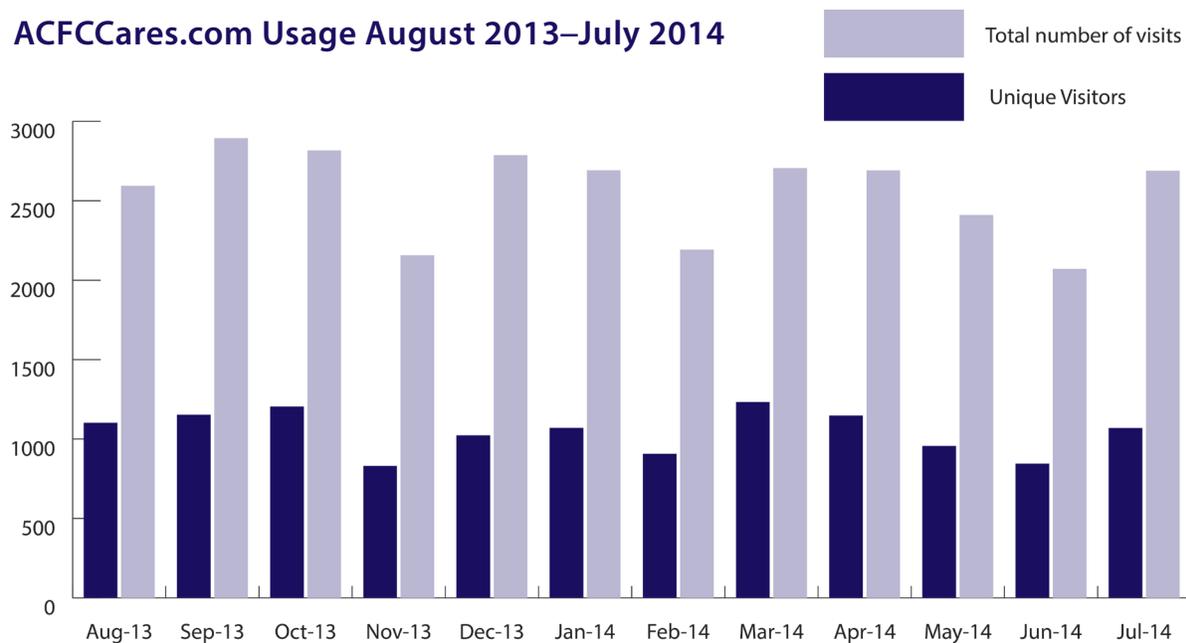


# ACFC Fact Sheet

## August 2013–July 2014

ACFCCares.com Usage August 2013–July 2014



The ACFC website, [www.ACFCCares.com](http://www.ACFCCares.com), serves as the central point for finding resources, promotions, and information for CWA-represented employees and their families. In total, 12,540 unique visitors went to the ACFC website, with a total of 30,697 visits.

The site offers many features that can contribute to your well-being and the well-being of your family, including:

### Back-Up Care Advantage

This program provides Verizon CWA employees up to 160 hours of back-up childcare and adult/elder care per year. Co-pay for center-based care is \$2/hour per child, and co-pay for in-home care (child or adult) is \$4/hour.

### College Coach

College Coach helps employees and their families through important higher education challenges, such as selecting the right college savings plan, navigating the college admissions process, and finding the best way to pay for college.

### Anthem

Anthem Employee Assistance Program (EAP) offers free, 24/7, confidential access to a team of licensed mental health professionals and Work-Life specialists. Receive guidance and support for childcare, older adult care, and personal issues. Anthem also offers legal and financial resources.

### Active Parenting

For parents with children between the ages of five and 12, Active Parenting has online classes and a video library. There are also videos geared to children of different age groups.

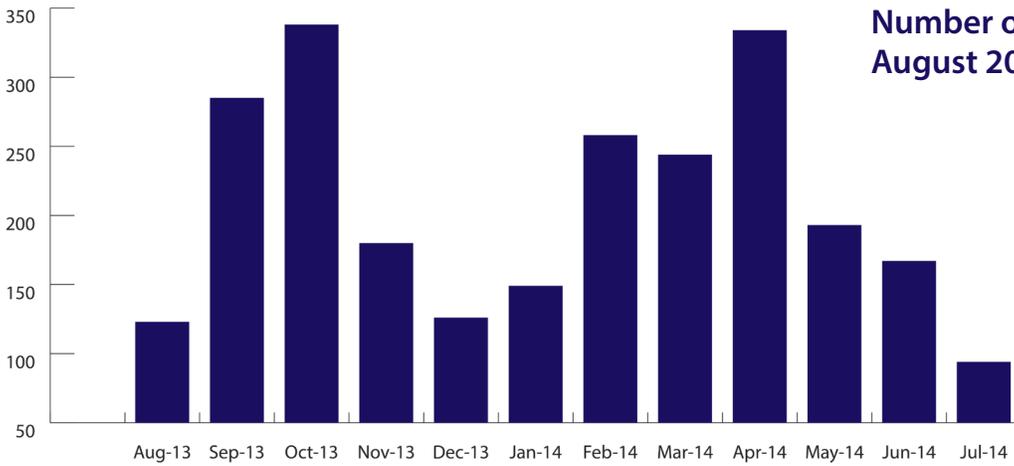
### Life Happens

On this interactive website, take a quiz or follow a topic path and find information on the things that matter to you the most. Learn about benefits and resources available through the ACFC, Verizon, and other organizations.

There have been 910 people registered in the Back-Up Care program since October 2013.

3,013 unique visitors used Life Happens between August 1, 2013, and July 31, 2014.

## Number of My Tutor Sessions August 2013–July 2014



### My Tutor

My Tutor provides live online tutoring for you and your children. Tutors can help with math, science, social studies, and English, as well as business writing and resumes. My Tutor can be accessed on computers or mobile devices, seven days a week, between 2:00 p.m. and 1:00 a.m. Eastern Time.

From August 2013 to July 2014, there was a total number of 2,491 sessions of My Tutor from members of the ACFC.

### Careville

Careville is an interactive website with articles, benefit information, and information about websites that can help with a variety of concerns including health and well-being, work, leisure, family, and more.

### Domestic Violence Awareness

The ACFC remains committed to raising awareness and decreasing the occurrence of domestic violence by delivering on-site seminars and offering valuable resources for assistance.

### FutureLink

FutureLink's educational and career services can help you take charge of your future. There are free workshops and other educational aids to help you improve your resume writing, interviewing, and networking.

### Multimedia

The multimedia page of the ACFC website provides educational webinars and podcasts about money, healthy lifestyles, holiday planning, and other topics.

### SpendLess

SpendLess is a discount program featuring savings on hundreds of everyday items from trusted vendors. Look for deals on electronics, vacations, clothing, and more.

### Promotions

Always be on the lookout on [www.ACFCares.com](http://www.ACFCares.com) for the latest promotion, whether it's a free book or toolkit to help you with a particular life situation. Some past promotions include: Let's Get Fit, Let's Stay Safe, and The Caregivers Organizer.

### ACFC Cares Fairs and Events

ACFC Cares Fairs take place at the worksites of CWA employees in the states of Delaware, Maryland, New Jersey, Pennsylvania, Virginia, Washington, DC, and West Virginia. Employees can speak to representatives from agencies and vendors that focus on parenting, caregiving, health and wellness, and other work-life balance concerns.

#### *Past ACFC Cares Fairs and Verizon Events*

Livingston, NJ	Cockeysville, MD
Wilmington, DE	Robbinsville, NJ
Harrisburg, PA	Manahawkin, NJ
Richmond, VA (Hungary Springs Rd)	Wilkes-Barre, PA
Richmond, VA (Park Central)	Ashburn, VA
Newark, NJ	Landsdowne, PA
Cranford, NJ	Falls Church, VA