



## RBC EmployeeCare Program (Advice to fit your life.)

### Retired?

#### The RBC EmployeeCare Program can support you

Retirement is a time of transition after years of balancing the demands of a career with the responsibilities of personal life. It can be wonderful...full of opportunities and new experiences. But, it can also be intimidating, and even present significant new challenges.

Maybe you're feeling disconnected from the life you once knew, or having trouble developing personal interests and hobbies. You may be coping with empty nest emotions as your kids grow up and move out, experiencing relationship struggles, or dealing with the stress of caring for aging parents. Plus, you likely still have many questions related to finances, housing, and how to stay active, healthy, and sharp in midlife and beyond.

**The RBC EmployeeCare Program** can help you and your dependents with all of these issues. RBC retirees, spouses, and your dependent children can contact the program any time, 24/7, to speak confidentially with a consultant. We can help retirees:

- Think and talk through midlife issues and transitions
- Manage your finances and plan for the future
- Explore education, travel, and volunteer opportunities

Consultants can also suggest educational resources and community supports, and refer you to counselling -- by phone, chat, live by video, or in-person. You can also log in any time to [www.lifeworks.com](http://www.lifeworks.com) to access resources including our online planning toolkit, [Retire, Rewire, Renew: Planning Your Life After 50](#), and articles such as:

- [Planning Ahead for the Emotional Aspects of Retirement](#)
- [Making the Adjustment When You Stop Working](#)
- [Myths and Realities of Retirement](#)
- [Talking as a Couple About Retirement](#)

Contact the RBC EmployeeCare Program, 24/7,  
toll-free: 1-800-667-3400 TTY: 1-877-616-4422

You can also visit [www.lifeworks.com](http://www.lifeworks.com)

User id: rbc Password: rbccanada

#### Access related articles, including:

- [Setting Life Priorities: Figuring Out What is Important to You](#)
- [Keeping Relationships Strong As We Age](#)
- [It's Never Too Late to Save for Retirement](#)

