



work.life.balanced.

We tackle your 'to-do' list so you can focus on what matters.

From daily chores to planning major events, our work-life balance experts are available 24/7 to help reduce your stress. Our services are free, you only pay for the products and services purchased on your behalf. You and a family member (+1) have access to our services to help with:



Everyday Support
household services
gift suggestions
dry cleaning



Family Expansion
new baby
adoption
pet care



Family Transitions
elder care
kids to college
empty nesting



Events & Travel
party planning
taking a vacation
travel prep



Celebrating Love
engagement
marriage
relationships



Making a Home
moving, buying
redecorating
renovating



Education
back to school
college info
graduation



Career Planning
continuing education
coaching
retirement

Make a request today!

CALL | 866-625-3797
WEB | my.circles.com (sign in with MedStar Health account)
EMAIL | medstar@circles.com



Download the App

