

# WorkLifeMatters

Employee Assistance Program

Connect to a counselor for  
free support services



Email:  
eapcounselor@ibhcorp.com



Phone: 1-800-386-7055  
Available 24 hours a day,  
7 days a week\*



Web: [www.ibhworklife.com](http://www.ibhworklife.com)  
User name: Matters  
Password: wlm70101



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## Help for what matters most

WorkLifeMatters Employee Assistance Program offers services to help promote well-being and enhance the quality of life for you and your family.

Support and guidance is available online for assistance with family and personal issues at [www.ibhworklife.com](http://www.ibhworklife.com) and by phone at 1-800-386-7055.



### Health

- Healthy Living
- Stress Management
- Mental Health
- Diet and Fitness
- Overall Wellness



### Family

- Parenting Support
- Child and Elder Care
- Learning Programs
- Special Needs Help



### Financial

- Legal Issues
- Will Preparation
- Taxes
- Debt
- Financial Planning Tools and Assistance

\*Office hours: Monday-Friday 6am-5pm PST. Live answer exchange available after hours.

## Support and guidance for you online or by phone

- You have unlimited access to support and helpful resources on our website, and you can consult with a professional counselor via telephone.
- Face-to-face counseling sessions with an IBH network provider — and up to three sessions are free of charge as part of WorkLifeMatters.
- Free initial 30 minute consultation with an attorney, with a 25% discount on attorney services thereafter.
- Unlimited telephonic support for financial problems or planning needs, and referral for face-to-face for more complex issues are provided for a fee.

**Connect to a counselor for free support services:**

**1-800-386-7055 (Available 24 hours a day, 7 days a week\*)**

**Visit [www.ibhworklife.com](http://www.ibhworklife.com) (User name: Matters Password: wlm70101)**

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### WorkLifeMatters

Your Employee Assistance Program through The Guardian Life Insurance Company of America and Integrated Behavioral Health



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