

WorkLifeMatters Help for What Matters Most

Your Employee Assistance Program

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 for assistance with family and personal issues online at www.ibhworklife.com and by phone at 1-800-386-7055.

Help with Health

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



Help with Family

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



Help with Legal & Financial

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



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

(User name: Matters Password: wlm70101)



*Office hours: Monday-Friday 6am-5pm PST. Live answer exchange available after hours. WorkLifeMatters Program services are provided by Integrated Behavioral Health, Inc., and its contractors. Guardian does not provide any part of WorkLifeMatters Program services. Guardian is not responsible or liable for care or advice given by any provider or resource under the program. This information is for illustrative purposes only. It is not a contract. Only the Administration Agreement can provide the actual terms, services, limitations and exclusions. Guardian and IBH reserve the right to discontinue the WorkLifeMatters Program at any time without notice. The Guardian Life Insurance Company of America, 7 Hanover Square New York, NY 10004. Integrated Behavioral Health Laguna Niguel, CA. GUARDIAN® and the GUARDIAN® logo are registered service marks of The Guardian Life Insurance Company of America and are used with express permission. File #2016-19593 Exp. 3/18 PUB 3755