

# 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](http://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](mailto: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)



#### WorkLifeMatters EAP

- EAP is available for employees and their dependents
- Up to 3 free face-to-face visits per employee/household member per year
- Unlimited telephonic consultations

