

# WORKLIFEMATTERS

Guardian - WorkLifeMatters | 1-800-386-7055 | [www.ibhworklife.com](http://www.ibhworklife.com)  
User name: Matters; Password: wlm70101

## 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 [ibhworklife.com](http://ibhworklife.com) and by phone at 1-800-386-7055.

Help with Health	Help with Family	Help with Legal & Financial
<ul style="list-style-type: none"><li>• Healthy living</li><li>• Stress management</li><li>• Mental health</li><li>• Diet and fitness</li><li>• Overall wellness</li></ul>	<ul style="list-style-type: none"><li>• Parenting support</li><li>• Child and elder care</li><li>• Learning programs</li><li>• Special needs help</li></ul>	<ul style="list-style-type: none"><li>• Legal issues</li><li>• Will preparation</li><li>• Taxes</li><li>• Debt</li><li>• Financial planning tools and assistance</li></ul>

### 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:** [ibhworklife.com](http://ibhworklife.com)

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