

# Your Confidential Employee Assistance Program

## **WorkLifeMatters**

### **Providing Assistance for What Matters Most**

Let's face it, balancing your work and home life is not easy. With WorkLifeMatters, your confidential employee assistance program, you don't have to face life challenges alone. WorkLifeMatters provides guidance for personal issues that you might be facing and information about other concerns that affect your life.

### **WorkLifeMatters can offer help with:**

#### **Education**

- ✓ Admissions testing & procedures
- ✓ Adult re-entry programs
- ✓ College Planning
- ✓ Financial aid resources
- ✓ Finding a pre-school

#### **Dependent Care & Care Giving**

- ✓ Adoption Assistance
- ✓ Before/after school programs
- ✓ Day Care/Elder Care
- ✓ Elder care
- ✓ In-home services

#### **Legal and financial**

- ✓ Basic tax planning
- ✓ Credit & collections
- ✓ Debt Counseling
- ✓ Home buying
- ✓ Immigration

#### **Lifestyle & Fitness Management**

- ✓ Anxiety & depression
- ✓ Divorce & separation
- ✓ Drugs & alcohol

#### **Working Smarter**

- ✓ Career development
- ✓ Effective managing
- ✓ Relocation

### **...Support is a phone call or click away**

- Unlimited free telephonic consultation with an EAP counselor available 24/7 at 800-386-7055
- Referrals to local counselors - up to three sessions free of charge
- State of the art website featuring over 3,400 helpful articles and topics like wellness, training courses, and a legal and financial center: [www.ibhworklife.com](http://www.ibhworklife.com); User Name: Matters; Password: wlm70101

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