

A Guide to LifeMatters® by Empathia

When you or your family need useful ideas, helpful re-sources, or reliable professional care, LifeMatters is just a phone call away. Free, confidential LifeMatters services include:

Telephone and face-to-face counseling for:

- Stress, depression, and personal problems
- Balancing work and personal needs
- Family and relationship concerns
- Alcohol or drug dependency
- Workplace conflicts
- Any other issue of concern in your life

WorkLife Services:

Financial consultation and resources to set up a budget, obtain and review credit report information, or assist with debt management and consolidation.

Legal consultation with an attorney either over the phone or face-to-face for consumer law, traffic citations and fender benders, family law, or estate planning.

Online and assisted searches for:

- Child and elder care resources and guidance
- Adoption assistance
- Educational resources
- Personal security

Online calculators for a variety of analytical questions and needs

Home improvement

Veterinarians, pet-sitting, and obedience training

The program's user-friendly, confidential services are available to you and your eligible dependents 24 hours a day, every day of the year by calling:

1-800-367-7474

Toll-Free Throughout North America

Go to mylifematters.com on the web or your mobile device and enter the password P D U L W t h R e s s resources, educational information, and self-service options.

Services provided directly by LifeMatters are free. If you are referred to outside resources, you will be advised about your costs, if any.

For more information, call LifeMatters at 1-800-367-7474 or visit mylifematters.com

Call LifeMatters® by Empathia toll-free anytime. 1-800-367-7474

Assistance with Life, Work, Family, and Wellbeing € 24/7/365

Call collect to 262-574-2509 if outside of North America

Visit LifeMatters® online at mylifematters.com

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Language assistance services in your preferred spoken and written languages are available at no cost by calling 1-800-367-7474.

