WorkLifeMatters

Your Confidential Employee Assistance Program – Helping find balance between work and home life.

WorkLifeMatters provides guidance for personal issues that you might be facing and information about other concerns that affect your life, whether it's a life event or on a day-to-day basis.

- **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 on topics like wellness, training courses, and a legal and financial center**

<table>
<tr><td colspan="3" align="center">WorkLifeMatters can offer help with:</td></tr>
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Education
- Admissions testing & procedures
- Adult re-entry programs
- College Planning
- Financial aid resources
- Finding a pre-school

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Dependent Care & Care Giving
- Adoption Assistance
- Before/after school programs
- Day Care/Elder Care
- Elder care
- In-home services

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Legal and financial
- Basic tax planning
- Credit & collections
- Debt Counseling
- Home buying
- Immigration

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Lifestyle & Fitness Management
- Anxiety & depression
- Divorce & separation
- Drugs & alcohol

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Working Smarter
- Career development
- Effective managing
- Relocation

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For more information about WorkLifeMatters, go to www.ibhworklife.com; User Name: Matters; Password: wlm70101