Guardian • IBH Integrated Behavioral Health

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 and by phone at 1-800-386-7055.

Help with Health	Help with Family	Help with Legal & Financial
• Healthy living	• Parenting support	• Legal issues
• Stress management	• Child and elder care	• Will preparation
• Mental health	• Learning programs	• Taxes
• Diet and fitness	• Special needs help	• Debt
• Overall wellness		• Financial planning tools and assistance

Connect to a counselor for free support services:

Email: eapcounselor@ibhcorp.com

Phone: 1-800-386-7055

Available 24 hours a day, 7 days a week*

Web: ibhworklife.com

(User name: Matters Password: wlm70101)

*Office hours: Monday-Friday 6am-5pm PST. Live answer exchange available after hours. WorkLifeMatters Program services are provided by Integrated Behavioral Health, Inc., and its contractors. Guardian does not provide any part of WorkLifeMatters program services Guardian is not responsible or liable for care or advice given by any provider or resource under the program. This information is for illustrative purposes only. It is not a contract. Only the Administration Agreement can provide the actual terms, services, limitations and exclusions. Guardian and IBH reserve the right to discontinue the WorkLifeMatters program at any time without notice. Legal services provided through WorkLifeMatters will not be provided in connection with or preparation for any action against Guardian, IBH or your employer. WorkLifeMatters Program services is not an insurance benefit and may not be available in all states. The Guardian Life Insurance Company of America, New York, NY. Integrated Behavioral Health Laguna Niguel, CA. File #2018-56600 Exp. 3/20 PUB 3755

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