

**life**  
Less complicated



**WorkLifeMatters<sup>SM</sup>**  
*Your Confidential Employee Assistance Program*

Support and guidance is just a phone call away. Professional counselors are available to assist you with family and personal issues you might be facing or questions you might have.

- Anxiety
- Dependent Care and Care Giving
- Depression
- Drug & Alcohol
- Education
- Grief Assistance
- Legal & Financial
- Lifestyle & Fitness Management
- Parenting
- Pet Care
- Work Issues
- And More

Connect to a counselor for free support services:

**1-800-386-7055**

**Available 24 hours a day, 7 days a week**

**Visit [www.ibhworklife.com](http://www.ibhworklife.com)**

**(User name: Matters Password: wlm70101)**