

WorkLifeMatters

Employee Assistance Program

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: www.ibhworklife.com
User name: Matters
Password: wlm70101



GUARDIAN®

and the GUARDIAN G® logo
are registered service marks of The Guardian
Life Insurance Company of America and are
used with express permission.



Integrated Behavioral Health

Help for what matters most

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 online for assistance with family and personal issues at www.ibhworklife.com and by phone at 1-800-386-7055.



Health

- Healthy Living
- Stress Management
- Mental Health
- Diet and Fitness
- Overall Wellness



Family

- Parenting Support
- Child and Elder Care
- Learning Programs
- Special Needs Help



Financial

- Legal Issues
- Will Preparation
- Taxes
- Debt
- Financial Planning Tools and Assistance

*Office hours: Monday-Friday 6am-5pm PST. Live answer exchange available after hours.

Support and guidance for you online or by phone

- You have unlimited access to support and helpful resources on our website, and you can consult with a professional counselor via telephone.
- Face-to-face counseling sessions with an IBH network provider — and up to three sessions are free of charge as part of WorkLifeMatters.
- Free initial 30 minute consultation with an attorney, with a 25% discount on attorney services thereafter.
- Unlimited telephonic support for financial problems or planning needs, and referral for face-to-face for more complex issues are provided for a fee.

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 (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. The Guardian Life Insurance Company of America, 7 Hanover Square New York, NY 10004. Integrated Behavioral Health Laguna Niguel, C.A. File #2016-19593 Exp. 3/18 Pub 3525

WorkLifeMatters

Your Employee Assistance Program through The Guardian Life Insurance Company of America and Integrated Behavioral Health



Email:
eapcounselor@ibhcorp.com



Phone: 1-800-386-7055
Available 24 hours a day,
7 days a week*



Web: www.ibhworklife.com
User name: Matters
Password: wlm70101

Cut here and save this convenient card for WorkLifeMatters



GUARDIAN



GUARDIAN® and the GUARDIAN G® logo are registered service marks of The Guardian Life Insurance Company of America and are used with express permission.