

A Guide to LifeMatters® by Empathia

When you or your family need useful ideas, lifestyle coaching, helpful resources or reliable professional care, LifeMatters by Empathia, your EAP and WorkLife Service, is just a phone call away. Free, confidential LifeMatters services include:

Telephone and face-to-face counseling services for:

- Stress, depression, and personal problems
- Balancing work and personal needs
- Family and relationship concerns
- Alcohol or drug dependency
- Workplace conflicts

WorkLife Services:

Financial consultation and resources from a consumer credit counselor 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 counselor-assisted searches for:

- Child and elder care resources and guidance
- Adoption assistance
- Educational resources
- Online calculators for a variety of analytical questions and needs



- Personal security
- Home improvement
- Veterinarians, pet-sitting and obedience training

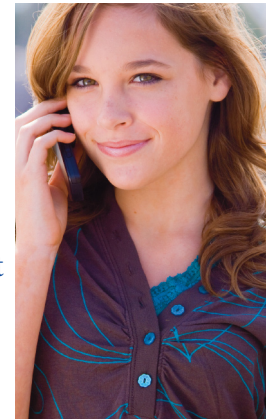


The program's user-friendly, *confidential* services are available to you and your eligible dependents 24 hours a day, every day of the year by calling:

1-800-367-7474

(Toll-Free U.S., Canada, and Puerto Rico)

On the Internet, go to mylifematters.com and enter your company password to access resources, educational information, and self-service options. Call **1-800-367-7474** or contact your Human Resources department if you do not know your company password.



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 by Empathia
at 1-800-367-7474 or
visit mylifematters.com.**

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