



I expected someone to take my number for a return call. Instead, I had a conversation right away.

I got help with my problem and it didn't cost me a thing. I even received a follow up call to make sure I was doing okay!

LifeMatters made me feel like someone was taking care of me for a change.



LifeMatters®

1-800-634-6433 ^{24/7} toll-free

Call collect to **262-574-2500** if outside of North America

TDD and language translation services are available

mylifematters.com

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LifeMatters®

Assistance with
**Life, Work, Family,
and Wellbeing**





What's happening in your life?

When you face challenges, LifeMatters can help. Caring professionals are available 24/7 every day of the year to help you address concerns both big and small. Call or visit us online to receive expert assistance with:

Relationships

- ▶ I want to get along better with my significant other.
- ▶ How do I handle a difficult co-worker?
- ▶ I want to be a better parent.

Wellbeing

- ▶ I want to start an exercise routine.
- ▶ How can I start eating better?
- ▶ It's time to quit smoking.

Emotional Distress

- ▶ Sometimes I feel sad and I'm not sure why.
- ▶ I worry more than I'd like.

Legal

- ▶ My identity has been stolen.
- ▶ I'm in a custody dispute.
- ▶ How do I set up a power of attorney for an elderly parent?

Stress

- ▶ What are some relaxation techniques?
- ▶ My schedule is always overloaded. Help!

Substance Use

- ▶ I worry that I might be drinking too much.
- ▶ What do I do if my child is on drugs?

Finances

- ▶ I want to buy a house. How much do I need to get started?
- ▶ What can I do about my debt problems?

Child and Elder Care

- ▶ I need good child care that fits my schedule.
- ▶ I am considering adopting a child. Where do I start?
- ▶ My aging parents live far away. What resources are available to help them?

Convenience Services

- ▶ I am looking for fitness and wellness classes.
- ▶ I need a contractor for a home project.
- ▶ It's time to start researching colleges and financial aid options.
- ▶ What housing is available in my price range when I relocate?

Whatever the problem, LifeMatters can help you create a solution. Call anytime.

Services are...

Free

- ▶ There is no charge for services provided by LifeMatters. You will be advised of costs if you are referred to outside resources.
- ▶ Call toll-free at **1-800-634-6433**. (Call collect to **262-574-2500** if outside North America.)

Confidential

- ▶ LifeMatters is provided by Empathia, Inc., an independent consultation firm. Any information you share is confidential, except when your safety or the safety of another individual is at risk.

Immediate 24/7/365

- ▶ Your call will be answered by a professional who will begin helping you immediately.
- ▶ Use the company password provided by your employer to access **mylifematters.com**.

Assistance with **Life, Work, Family, and Wellbeing**

Relationships • Wellbeing • Emotional Distress
Legal • Stress • Substance Use • Finances
Child and Elder Care • Convenience Services
Any Other Concern

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Relationships • Wellbeing • Emotional Distress
Legal • Stress • Substance Use • Finances
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Any Other Concern

LifeMatters is available anytime via your computer, smartphone, or tablet. Visit **mylifematters.com** for free, confidential access to services. Call **1-800-634-6433** to speak with someone live 24/7.

