

EMPLOYEE ASSISTANCE PROGRAM

Guardian

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
<ul style="list-style-type: none">• Healthy living• Stress management• Mental health• Diet and fitness• Overall wellness	<ul style="list-style-type: none">• Parenting support• Child and elder care• Learning programs• Special needs help	<ul style="list-style-type: none">• Legal issues• Will preparation• Taxes• Debt• 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](#))