

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



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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)

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WorkLifeMatters

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



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