A Guide to **Life**Matters® Services

When you or your family need useful ideas, helpful resources, or reliable professional care, LifeMatters is just a phone call away. Free, confidential LifeMatters services include:

Direct assistance from a professional counselor for:

- Stress, depression, and personal problems
- Balancing work and personal needs
- Family and relationship concerns
- Alcohol or drug dependency
- Workplace conflicts
- Any other issue of concern in your life

WorkLife Services:

- **Financial consultation** and resources 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 assisted searches for:

- Child and elder care resources and guidance
- Adoption assistance
- Educational resources



- Personal security
- Online calculators for a variety of analytical questions and needs
- 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:

1-800-634-6433

Toll-Free Throughout North America

Go to **mylifematters.com** on the web or your mobile device and enter the password **AVILA** to access resources, educational information, and self-service options.

Services provided directly by LifeMatters are free. If you are referred to outside resources, you will be advised about your costs, if any.

Call **Life**Matters® toll-free anytime. **1-800-634-6433**

Assistance with Life, Work, Family, and Wellbeing • 24/7/365
mylifematters.com • Text* "Hello" to 61295
Call collect to **262-574-2509** if outside of North America
TTY/TRS 711 and language translation services are available

*SMS messages will be sent for the duration of the chat. Message and data rates may apply. Text HELP for help and STOP to cancel. SMS terms of service at https://www.empathia.com/smsterms.pdf. Privacy policy: https://empathia.com/privacy.pdf

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