

Guardian WorkLife Matters

Your Confidential Employee Assistance Program is available for all employees enrolled with the Basic life benefits (paid by the Board) —Helping find balance between work and home life.

WorkLifeMatters provides guidance for personal issues that you might be facing and information about other concerns that affect your life, whether it's a life event or on a day-to-day basis.

- Unlimited free telephonic consultation with an EAP counselor available 24/7 at 800-386-7055
- Referral to local counselors—up to three sessions free of charge
- State-of-the-art website featuring over 3,400 helpful articles on topics like wellness, training courses, and a legal and financial center.

WorkLifeMatters can offer support with:

Education

- Admissions testing & procedures
- Adult re-entry programs
- College planning
- Financial aid resources
- Finding a pre-school

Dependent Care & Care Giving

- Adoption Assistance
- Before/after school programs
- Day care
- Elder care
- In-home services
- Parenting classes/support
- Respite care
- Senior housing options
- Special needs care

Legal & Financial

- Basic tax planning
- Credit & collections
- Debt counseling
- Home buying
- Immigration
- Legal Forms
- Personal/family legal
- Retirement planning
- Will making

Lifestyle & Fitness Management

- Anxiety & depression
- Divorce & separation
- Drugs & alcohol
- Grief & loss
- Health & well-being
- Nutrition & fitness
- Pet care
- Relationship issues
- Stress

Working Smarter

- Balancing work and home life
- Career development
- Effective managing
- Relocation
- Stress
- Training development
- Workplace diversity
- Workplace productivity

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)

This is a summary of benefit information and does not guarantee benefits, it is not intended as a detailed overview of benefits, limitations and/or exclusions may apply. Please refer to your Plan Booklet for a complete explanation of your benefits.
In the event a discrepancy exists, the policy provisions will prevail.

