



WorkLifeMattersSM

Your Confidential Employee Assistance Program

Balancing your work and home life is not always easy. With WorkLifeMatters, your confidential employee assistance program, you don't have to face life's challenges alone. WorkLifeMatters provides support and guidance for matters that range from personal issues you might be facing to providing information on every day topics that affect your life. This program is made available by your employer through The Guardian Life Insurance Company of America and Integrated Behavioral Health.

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

Support and guidance is just a phone call away.

You have unlimited access to consult with a professional counselor via telephone. Face-to-face counseling sessions are available, if needed. Up to 3 sessions are free of charge as part of WorkLifeMatters. When you call 1-800-386-7055, the counselor will arrange a session with a professional who is part of the IBH network of providers.



For legal and financial topics, you can receive a free initial 30 minute office or telephone consultation with an attorney or seasoned financial professional and certified public accountant (CPA). Local referrals are available for more complex legal or financial planning issues. If the attorney is retained to provide legal services, you can apply a 25% discount off the attorney's normal hourly rate on legal fees.

A variety of training resources are also available to help you manage your quality of life. Tools include webinars, videos and PowerPoint presentations on a wide variety of topics.

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)

Tear off & save this convenient card for WorkLifeMatters



WorkLifeMatters

1-800-386-7055

www.ibhworklife.com

User Name: Matters
Password: wlm70101

9am—8pm, M—F (EST)
Emergency Access 24/7

WorkLife MattersSM Program services are provided by Integrated Behavioral Health, Inc., and its contractors. Guardian does not provide any part of WorkLife MattersSM Program services. Guardian is not responsible or liable for care or advice given by any provider or resource under the program. This information is for illustrative purposes only. It is not a contract. Only the Administration Agreement can provide the actual terms, services, limitations and exclusions. Guardian and IBH reserve the right to discontinue the WorkLife MattersSM Program at any time without notice.

PUB 3525 The Guardian Life Insurance Company of America, New York, NY 10004.
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