



## **Work-Life Matters – An Employee Assistance Program**

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### *Providing Assistance With What Matters Most*

Guardian recognizes that personal and family problems can impact your life both at home and at work. When you face these challenges in life, it's nice to know there's a place you can turn. To assist you and your family in getting the help you need, Guardian has established the Work-Life Matters Program.

When you call Work-Life Matters, you will be connected to a counselor who will assist you. In order to provide this support in a confidential setting, Guardian has teamed up with Integrated Behavioral Health (I.B.H.), an independent national employee assistance firm to aid employees with a wide variety of life issues.

### **Key Services**

Through their toll-free number, IBH counselors can help with:

#### **Counseling**

- Identify Options
- Offer support and professional guidance
- Unlimited telephone consultation
- Offer an in-person appointment, if needed
- Develop an action plan

#### **Parenting**

- Prenatal Planning
- Adoption
- Child Development
- Parenting Skills
- Child Care

#### **College**

- Pre-college planning
  - College and Universities
  - Admissions Testing (PSAT/SAT)
  - Financial Planning, Aid & Scholarships
- Adult Re-entry Programs

#### **Care Giving**

- Sickness and Care Giving
- Elder Care
- Special Needs

#### **Relocation**

- Relocation Information
  - Parenting Tips on Moving
- Community Resources
  - Schools

### **Accessing these Services**

Call Work-LifeMatters at 1-800-386-7055, Monday-Friday, 9am-8pm (EST) or 24/7 in an emergency situation and speak to a counselor or nurse, or both. You can also log on to [www.ibhworklife.com](http://www.ibhworklife.com) (company name: matters, password wlm70101) to find basic information on a number of valuable services.

### **Contact your Guardian Group Benefits Expert for more information**

Work-LifeMatters is administered by Integrated Behavioral Health, Inc., and its contractors. Guardian does not provide any part of Work-LifeMatters 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 Work-Life Matters Program at any time without notice.