Extending help during challenging times

WorkLifeMatters now available through Guardian and your employer

Managing your emotional and financial well-being can be challenging during these unpredicted times. We’d like to help.

Guardian and your employer are now providing the WorkLifeMatters Employee Assistance Program through Integrated Behavioral Health (IBH) to support you and your family. These services are provided at no cost and are available through July 31, 2020.

Personalized, confidential support and guidance

- Connect with a work-life counselor for support services via phone, email, or chat
- Access to behavioral health, financial, and legal specialists by phone or video
- Counseling sessions with an IBH network provider (up to three) provided at no cost
- Support for financial problems or planning needs, and referrals for more complex issues (provided for a fee)
- No cost 30-minute consultation with an attorney (with a 25% discount on retained services thereafter)

Employee COVID-19 Action Center

Our dynamic, new online resource is continually updated with relevant webinars, videos, and educational content to keep you informed and help you cope. Topics include:

- COVID-19 pandemic preparedness
- Working remote, family care and healthcare considerations
- The CARES Act and student loan relief
- Guidance on furloughs, layoffs and leaves of absence
- Managing finances and budgeting

Get started now

- Visit the COVID-19 Action Center and other online tools and resources that can provide information quickly and answer common questions: ibhworklife.com
  User name: Matters
  Password: wlm70101
- Connect with work-life counselors at 1-800-386-7055 for more in-depth assistance and to help schedule an appointment with a specialist

Comprehensive assistance for everyday life issues

Here’s a sampling of how WorkLifeMatters’ online resources, work-life counselors, and specialists can help you navigate life’s complexities.

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