

EMPLOYEE ASSISTANCE PROGRAM

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WorkLifeMatters Employee Assistance Program offers services to help promote well-being and enhance the quality of life for you and your family.

Personal and workplace challenges can negatively affect wellness - which can then affect job performance. WorkLifeMatters can help with health, family, and legal & financial.

Help with Health	Help with Family	Help with Legal & Financial
<ul style="list-style-type: none"> • Health Living • Stress Management • Mental Health • Diet and Fitness • Overall Wellness 	<ul style="list-style-type: none"> • Parenting Support • Child and Elder Care • Learning Programs • Special Needs Help 	<ul style="list-style-type: none"> • Legal Issues • Will Preparation • Taxes • Debt • Financial Planning Tools and Assistance

Connect to a counselor for free support services:



Email: eapcounselor@ibhcorp.com



Phone: **1.800.386.7055**
(Monday - Friday 6:00AM—5:00PM, EST)



Web: www.ibhworklife.com
(Username: Matters Password: wlm70101)