# Guardian EAP

# **Help for What Matters Most**

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

Support and guidance is available online for assistance with family and personal issues at ibhworklife.com and by phone at 1-800-386-7055.



#### Health

- Healthy Living
- Stress Management
- Mental Health
- Diet and Fitness
- Overall Wellness



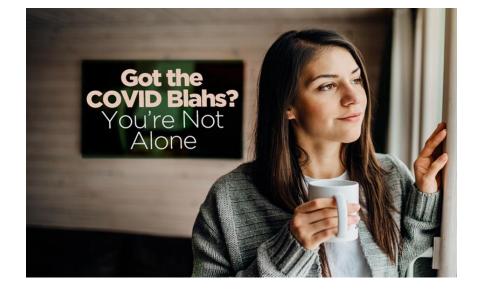
### **Family**

- Parenting Support
- Child and Elder Care
- Learning Programs
- Special Needs Help



#### **Financial**

- Legal Issues
- Will Preparation
- Taxes and Debt
- ID Theft Services
- Financial Planning Tools and Assistance



## **Questions?**

- Call 1-800-386-7055
- Web <a href="https://worklife.uprisehealth.com">https://worklife.uprisehealth.com</a>
- Password: worklife

