

# 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](http://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 <https://worklife.uprisehealth.com>
- Password: worklife