

WorkLifeMatters

Help for What Matters Most

Your Employee Assistance Program

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 for assistance with family and personal issues online at www.ibhworklife.com and by phone at 1-800-386-7055.

Help with Health

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



Help with Family

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



Help with Legal & Financial

- 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, 6:00 AM - 5:00 PM PST



Web: www.ibhworklife.com
(User name: Matters Password: wlm70101)

