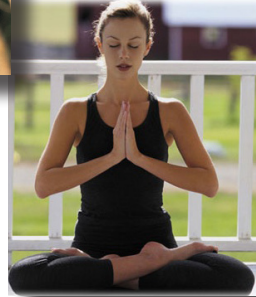




Work/life resources and referrals for:

- Child care providers and needs
- Elder care resources and programs
- Health and wellness resources



LiveHealthy

physically

mentally

When you or your family need helpful guidance, counseling, local resources or reliable professional care, your **LifeMatters** program is just a phone call away, and it is available on a live basis, 24/7.

When you call, a professional **LifeMatters** counselor will speak with you about your concerns, and offer a variety of services including:

Counseling

You and your eligible family members may receive up to five (5) sessions, for each problem, to assist you in resolving issues.

- Stress
- Family difficulties
- Depression and anxiety
- Chemical dependency
- Crisis situations
- Any other personal or family concern

spiritually

emotionally

Financial consultation with a certified financial counselor for:

- Budgeting
- Credit report review or correction
- Information on mortgages, loans, and other financial arrangements
- Debt management and consolidation
- College or retirement planning



Legal consultation with an attorney for:

- Consumer law
- Traffic citations
- Family law
- Estate Planning
- Other personal law issues

Other LifeMatters Services

The **LifeMatters** Web site offers educational information, self-serve options and interactive tools. Go to mylifematters.com and enter your company password: **cougars**

Who is Eligible?

All employees, their dependents (including dependent children not residing with the parent) and other family members living in the employee's home are eligible for services and may contact **LifeMatters** directly.

Services are Free

Services provided directly by **LifeMatters** are free. If you are referred to outside resources, you will be advised about your costs, if any.

Your Privacy

LifeMatters is provided by Empathia Pacific, Inc., a wholly owned subsidiary of Empathia, Inc. Your use of this service and the information you share is confidential, except when your safety or the safety of another individual may be at risk.

How to contact LifeMatters

User-friendly, confidential services are available to you and your eligible dependents on a live basis 24 hours a day, every day of the year by calling:

→ **1-800-367-7474**

