Do you want to access LifeMatters services online? Simply go to mylifematters.com on your computer, tablet, or mobile device and enter the password: cougars

Reasons to access mylifematters.com include:

- Caregiver support
- Child and elder care
- College life
- Communication
- Debt and bankruptcy
- Depression or anxiety
- Emotional wellbeing
- Family or relationship concerns
- Financial planning
- Fitness
- Legal concerns
- Managing stress
- Pet care
- Relationships
- Any other issue of concern in your life

The website also offers an extensive library of content that is updated regularly with new resources, including:

- Articles
- Assessments
- Financial calculators
- Healthy recipes
- Interactive courses
- Legal forms
- Quizzes
- Videos
- Webinars

Use mylifematters.com to perform self-searches on child or elder care providers, find tools to assess stress or manage a move, or attend a webinar on a variety of topics. This and much more is available to you anytime!

For immediate, in-person access to LifeMatters services, call 1-800-367-7474. Expert assistance is available 24/7/365.

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