A Guide to **Life**Matters® Services

When you or your family need useful ideas, helpful resources, or reliable professional care, LifeMatters is just a phone call away. Free, confidential LifeMatters services include:

Telephone and face-to-face counseling for:

- Stress, depression, and personal problems
- Balancing work and personal needs
- Family and relationship concerns
- Alcohol or drug dependency
- Workplace conflicts
- Any other issue of concern in your life

WorkLife Services:

- **Financial consultation** and resources to set up a budget, obtain and review credit report information, or assist with debt management and consolidation.
- **Legal consultation** with an attorney either over the phone or face-to-face for consumer law, traffic citations and fender benders, family law, or estate planning.

Online and assisted searches for:

- Child and elder care resources and guidance
- Online calculators for a variety of analytical questions and needs

The program's user-friendly, confidential services are available to you and your eligible dependents 24 hours a day, every day of the year by calling:

1-800-634-6433

Toll-Free Throughout North America

Go to **mylifematters.com** on the web or your mobile de-vice and enter the password CMCU1 to access resources, educational information, and self-service options.

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

For more information, call LifeMatters at 1-800-634-6433 or visit mylifematters.com — password CMCU1.

Call **Life**Matters® toll-free anytime. **1-800-634-6433**

Assistance with Life, Work, Family, and Wellbeing • 24/7/365
mylifematters.com • Text "Hello" to 61295
Call collect to **262-574-2509** if outside of North America
TDD and language translation services are available
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