

# Introducing LifeMatters®

Beginning December 1, 2021, you will have access to LifeMatters. This service is provided by Empathia, Inc., a professional consultation firm.

LifeMatters offers helpful resources and reliable professional care for a variety of personal issues. This free, confidential service is available to you and your eligible dependents 24 hours a day, every day of the year.

Through LifeMatters, you can receive free, confidential counseling (via telephone or face-to-face) for:

- ▶ Stress
- ▶ Family and relationship concerns
- ▶ Alcohol or drug dependency
- ▶ Workplace conflicts
- ▶ Balancing work and family
- ▶ Depression and anxiety
- ▶ Tobacco cessation
- ▶ Parenting concerns
- ▶ Grief or loss
- ▶ Crisis situations

LifeMatters also offers **personalized work/life referrals** to assist you with a variety of life needs, such as:

- ▶ Child and elder care resources
- ▶ Adoption assistance
- ▶ Health and wellness resources
- ▶ Information on schools and colleges

**Convenience resources** offer information and referrals for:

- ▶ Pet care
- ▶ Home improvement and chore services
- ▶ Travel and relocation services

**Financial consultation** with a certified financial counselor is available for:

- ▶ Budgeting and debt management
- ▶ Credit report review or correction
- ▶ Information on mortgages and loans
- ▶ College or retirement planning

**Legal consultation** with an attorney (over the phone or in person) is offered for situations such as:

- ▶ Consumer or family law
- ▶ Traffic citations
- ▶ Estate planning


When you call, a professional counselor will speak with you about your concerns and offer the assistance that best meets your needs. These resources may include video or in-person counseling, self-help groups, reading material, or community services.

In addition, LifeMatters services will be available to you via:

- ▶ Website
- ▶ Text messaging
- ▶ The LifeMatters App

LifeMatters is a company-paid benefit. Services provided directly by LifeMatters are offered at no cost to you. If you are referred to outside resources, you will be advised about any costs in advance.

**LifeMatters® will be available December 1, 2021.**

Assistance with Life, Work, Family, and Wellbeing • 24/7/365  
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