



# Extending help during challenging times

## WorkLifeMatters now available through Guardian and your employer

Managing your emotional and financial well-being can be challenging during these unpredicted times. We'd like to help.

Guardian and your employer are now providing the [WorkLifeMatters Employee Assistance Program](#) through Integrated Behavioral Health (IBH) to support you and your family. These services are provided at no cost and are available through July 31, 2020.

### Personalized, confidential support and guidance

- Connect with a work-life counselor for support services via phone, email, or chat
- Access to behavioral health, financial, and legal specialists by phone or video
- Counseling sessions with an IBH network provider (up to three) provided at no cost
- Support for financial problems or planning needs, and referrals for more complex issues (provided for a fee)
- No cost 30-minute consultation with an attorney (with a 25% discount on retained services thereafter)

### Employee COVID-19 Action Center

Our dynamic, new online resource is continually updated with relevant webinars, videos, and educational content to keep you informed and help you cope. Topics include:

- COVID-19 pandemic preparedness
- Working remote, family care and healthcare considerations
- The CARES Act and student loan relief
- Guidance on furloughs, layoffs and leaves of absence
- Managing finances and budgeting



### Comprehensive assistance for everyday life issues

Here's a sampling of how WorkLifeMatters' online resources, work-life counselors, and specialists can help you navigate life's complexities.

| Health   | Family   | Financial   |
|--|--|---|
| <ul style="list-style-type: none"><li>• Stress management</li><li>• Mental wellness</li><li>• Physical wellness</li><li>• Healthy living</li></ul> | <ul style="list-style-type: none"><li>• Parenting support</li><li>• Child and elder care</li><li>• Grief and loss</li><li>• College planning</li></ul> | <ul style="list-style-type: none"><li>• Legal issues</li><li>• Will preparation</li><li>• Taxes and debt</li><li>• Financial Planning</li><li>• ID theft services</li></ul> |

### Get started now

- Visit the COVID-19 Action Center and other online tools and resources that can provide information quickly and answer common questions: [ibhworklife.com](http://ibhworklife.com)  
User name: Matters  
Password: wlm70101
- Connect with work-life counselors at 1-800-386-7055 for more in-depth assistance and to help schedule an appointment with a specialist

The Guardian Life Insurance  
Company of America

[guardianlife.com](http://guardianlife.com)

New York, NY

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