



Extending help during challenging times

WorkLifeMatters now available through Guardian

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

We are now providing the WorkLifeMatters Employee Assistance Program through Integrated Behavioral Health (IBH) to help 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
- 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">• Stress management• Mental wellness• Physical wellness• Healthy living	<ul style="list-style-type: none">• Parenting support• Child and elder care• Grief and loss• College planning	<ul style="list-style-type: none">• Legal issues• Will preparation• Taxes and debt• ID theft services

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
User name: matters
Password: guardiandds
- 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

New York, NY

guardianlife.com

2020-99989 (4/21)

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