

# LifeMatters® Services

## For Residents and Fellows

When you 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 assistance with:

- ▶ 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
- ▶ Self-assessment tools and resources for wellness



Up to ten counseling sessions are available to you\* 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 device and enter the password **UWH1** 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 on the services available to you through LifeMatters, call 1-800-634-6433.

\*Eligible dependents have access to up to three counseling sessions per presenting concern.

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

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

TDD and language translation services are available

Call collect to **262-574-2509** if outside of North America

Visit **LifeMatters®** online at **mylifematters.com**

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