

WorkLifeMatters

Employee Assistance Program

**Connect to a counselor
for free support services**

Email:
eapcounselor@uprisehealth.com

Phone: 1-800-386-7055
Available 24 hours a day,
7 days a week*

Web: ibhworklife.com
User name: **WorkLife**
Password: **70101**

**The Guardian Life Insurance
Company of America**
New York, NY

guardianlife.com

Help for what matters most

WorkLifeMatters Employee Assistance Program offers services to help promote well-being and enhance the quality of life for you and your family.

Support and guidance is available online for assistance with family and personal issues at ibhworklife.com and by phone at 1-800-386-7055.



Health

- Healthy Living
- Stress Management
- Mental Health
- Diet and Fitness
- Overall Wellness



Family

- Parenting Support
- Child and Elder Care
- Learning Programs
- Special Needs Help



Financial

- Legal Issues
- Will Preparation
- Taxes and Debt
- ID Theft Services
- Financial Planning Tools and Assistance

Support and guidance for you online or by phone

- You have unlimited access to support and helpful resources on our website, and you can consult with a professional counselor via telephone.
- Face-to-face counseling sessions with an Uprise Health network provider — and up to three sessions are free of charge as part of WorkLifeMatters.
- Free initial 30-minute consultation with an attorney, with a 25% discount on attorney services thereafter.
- Unlimited telephonic support for financial problems or planning needs, and referral for face-to-face for more complex issues are provided for a fee.

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1-800-386-7055 (Available 24 hours a day, 7 days a week*)
Visit ibhworklife.com (User name: WorkLife Password: 70101)

[Future written communications may be in English only.]

*Office hours: Monday-Friday 6am-5pm PST. Live answer exchange available after hours. WorkLifeMatters Program services are provided by Uprise Health, and its contractors. Guardian does not provide any part of WorkLifeMatters program services. Guardian is not responsible or liable for care or advice given by any provider or resource under the program. This information is for illustrative purposes only. It is not a contract. Only the Administration Agreement can provide the actual terms, services, limitations and exclusions. Guardian and Uprise Health reserve the right to discontinue the WorkLifeMatters program at any time without notice. Legal services provided through WorkLifeMatters will not be provided in connection with or preparation for any action against Guardian, Uprise Health or your employer. WorkLifeMatters Program services is not an insurance benefit and may not be available in all states. Uprise Health, Niguel, CA. File #2021-127686 (10/23) Pub 3525
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Cut here and save this convenient card for WorkLifeMatters