

LIFEMATTERS® PROGRAM OVERVIEW

LifeMatters hours of operation — 24/7 every day of the year
1-800-634-6433 · *mylifematters.com*, password: ATC1

LifeMatters services

- Free and confidential
- Available to employees and eligible dependents
- Available 24/7, including holidays and weekends

Unlimited 24/7 telephone assessment/counseling

- Up to 5 face-to-face sessions, per issue, per year with a local provider in your area
- Services provided directly by LifeMatters are free, if referred to outside resources, client will be responsible for any costs
- Verified referrals to services covered by insurance
- Referrals to community programs and resources

Legal consultation

- Free 30-minute initial telephonic or in-person consultation with attorneys on personal legal concerns. Discount of 25% on attorney's hourly rate.
- Will kits; simple wills at no or low cost
- Online legal templates and forms
- 6-page document review
- Phone call or letter prepared by attorney to resolve simple disputes

Identity theft program

- Identity theft guidebook
- Unlimited identity theft counseling with a consumer credit counselor
- Articles and tip sheets

Financial consultation

- Unlimited financial consultation with certified financial representatives
- Debt management, credit report reviews, budgeting, financial planning
- Online educational materials and financial calculators

Comprehensive adoption, child/elder care and education consultation, resources and referrals

- Telephonic and online access to work/life specialists and dependent care consultants
- A minimum of 3 confirmed referrals with vacancy checks
- Educational materials – tip sheets, handbooks, etc.

Telephonic convenience resources and referrals

- Home repair
- Travel planning
- Wellness
- Entertainment services
- Pet sitting
- Apartment locators
- Volunteer services
- And more...

Online searches

- Child and elder care
- Adoption agencies
- Summer camps
- Schools/universities
- Pet care/adoption

Physical health assessments

- Cardiac risk
- General health risk
- Fitness
- Diabetes

Behavioral health assessments

- Depression
- Drug abuse
- Anxiety
- Gambling
- And more...

Learning modules

- Emotional well-being
- Relationships
- Financial
- Health
- Legal
- Workplace

Interactive e-learning sessions

- Achieving personal goals
- Managing change
- Managing stress
- And more...

Online topical videos

- Job stress
- Memory
- Diabetes
- Drugs and alcohol
- And more...

Webinars

- Workplace issues
- Life issues

Online relocation center

- Detailed information about any neighborhood in the country, including:
 - Home sales
 - Demographics
 - Schools

Tobacco cessation program

- 6-session telephonic model
- Breaking Free workbook
- Access to a personal coach