

LifeMatters[®]

By Empathia



Being Well

LifeMatters offers 24/7/365 assistance with:

- Stress management
- Mindful meditation
- Building healthy relationships
- Balancing life and work
- Any other wellbeing concern

1-800-367-7474

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Assistance with Life, Work, Family, and Wellbeing

Language assistance services in your preferred spoken and written languages are available at no cost by calling 1-800-367-7474.

