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

mylifematters.com

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.

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