



A Guide to mylifematters.com

Accessing LifeMatters services online has never been easier! Simply go to the all-new **mylifematters.com** and log in with your company password to explore the following options:

- **Guided experience.** Our guided experience will quickly direct you to useful resources. Simply answer a short series of questions to receive results that are tailored to your needs.
- **Connect with Us.** Select “Connect with Us” for immediate access to assistance from a LifeMatters counselor.
- **Self-Guided Journey.** This cognitive behavioral therapy (CBT) program will help you explore and address concerns at your own pace. Modules on anxiety and depression are currently available, and one on stress is coming soon.
- **Discount Center.** Sign up for access to discounts on a variety of goods and services. This service is provided by LifeMart.
- **Calendar.** Check out our list of upcoming webinars and other events, including webinars on budgeting and financial issues from Balance, our financial consultation provider.



- **Podcasts.** *OnTopic from Empathia*, our podcast series, interviews experts in the fields of mental health and crisis recovery.
- **Webinars.** An extensive catalog of webinar topics is available on demand, with more added monthly! To view webinars, you must create a registered account.

Other features to explore include:

- **Categories.** Find information, resources, and assessments on a variety of topics, including legal and financial wellness, caregiving needs, emotional wellbeing, relationships, wellness, workplace, and more.
- **Search feature.** The search feature is an easy way to find resources and information. Simply type the key words or phrases into the search box to receive immediate results.

To visit mylifematters.com, log in using the password:

1-800-367-7474

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

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

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

