



# Focus

**LifeMatters® offers 24/7/365 assistance with:**

- ▶ Improving concentration
- ▶ Managing time
- ▶ Eliminating distractions
- ▶ Simplifying your to-do list
- ▶ Any other concern



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Assistance with Life, Work, Family, and Wellbeing

\*SMS messages will be sent for the duration of the chat. Message and data rates may apply. Text HELP for help and STOP to cancel. SMS terms of service at <https://www.empathia.com/smsterms.pdf>. Privacy policy: <https://empathia.com/privacy.pdf>

