



# Life Balance

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

- ▶ Improving wellbeing
- ▶ Adapting to change
- ▶ Building resilience
- ▶ Setting healthy boundaries
- ▶ Any other concern



**1-800-367-7474**

[mylifematters.com](https://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.