



Solutions

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

- ▶ Creating healthy habits
- ▶ Building relationships
- ▶ Solving problems
- ▶ Managing time and energy
- ▶ Any other 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.