

# LifeMatters®

By Empathia



## Starting Fresh

LifeMatters offers 24/7/365 assistance with:

- Setting goals
- Adjusting to a new schedule
- Developing healthy habits
- Moving forward after a difficult experience
- Any other issue

# 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.