

LifeMatters[®]

By Empathia



Natural Defenses

LifeMatters offers 24/7/365 assistance with:

- Eating healthy
- Developing an exercise routine
- Establishing a sleep schedule
- Increasing your wellbeing
- Any other issue

1-800-367-7474

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.

