

LifeMatters®

By Empathia



Being Well

LifeMatters offers 24/7/365 assistance with:

- Eating healthy on a budget
- Finding an exercise routine that works for you
- Managing health conditions
- Coping with stress and worry
- 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.

