

A Guide to LifeMatters® Services

The State of Minnesota EAP & Work/Life Program

When you or your family need useful ideas, lifestyle coaching, helpful resources or reliable professional care, LifeMatters, your EAP and WorkLife Service, is just a phone call away. Free, confidential LifeMatters services include:

Telephone and face-to-face counseling services for:

- Stress, depression, and personal problems
- Balancing work and personal needs
- Family and relationship concerns
- Alcohol or drug dependency
- Workplace conflicts

WorkLife Services:

Financial consultation and resources from a consumer credit counselor to set up a budget, obtain and review credit report information, or assist with debt management and consolidation.

Legal consultation with an attorney either over the phone or face-to-face for consumer law, traffic citations and fender benders, family law, or estate planning.

Online and counselor-assisted searches for:

- Child and elder care resources and guidance
- Online calculators for a variety of analytical questions and needs



The program's user-friendly, *confidential* services are available to you and your eligible dependents 24 hours a day, every day of the year by calling:

1-800-657-3719

(Toll-Free U.S., Canada, and Puerto Rico)

On the Internet, go to mylifematters.com and enter the state's password to access resources, educational information, and self-service options. The state's password is **STMN1**.



Services provided directly by LifeMatters are free. If you are referred to outside resources, you will be advised about your costs, if any.

**For more information,
call LifeMatters at
1-800-657-3719 or visit
mylifematters.com —
password **STMN1**.**