

► Employee Assistance Program (EAP)

Are personal problems affecting your focus and performance at work? You are not alone. Guardian's WorkLife Matters EAP program offers services to help you deal with personal problems you may be facing.

What does the EAP cover?

Your EAP covers a variety of areas that you may be having trouble with, such as:

- Stress management
- Financial problems
- Divorce/marital problems
- Crisis intervention
- Legal problems

EAPs offer education, awareness and counseling services to help you with your problems. And your participation in the program is strictly confidential. Contact your HR department for more information.

lbhworklife.com

To start getting help today call:

Username: Matters

Password: wlm70101

Phone: 1 800 386 7055

Available 24 hours a day, 7 days a week

► WillPrep Services

Your employer has worked with Guardian to make WillPrep Services available through Integrated Behavioral Health, Inc., and its contractors to eligible employees who have enrolled into the Voluntary Life plans. Keeping an up-to-date will is essential to ensuring that your assets are distributed as you intended, no matter the size of your estate. You may be avoiding creating a will because you believe you can not afford the time or legal expense. Now you can with WillPrep Services. WillPrep Services offer support and guidance to help you properly prepare the documents necessary to preserve your family's financial security. WillPrep has a range of services including online planning documents, a resource library and access to professionals to help with issues related to:

- Stress management
- Advanced Health Care Directives
- Financial and Healthcare Powers of Attorney
- Wills and Living Wills
- Executors, Probate, Trusts, Estate Taxes

www.ibhwillprep.com

Username: WillPrep

Password: GLIC09

Phone: 1 877 433 6789

For More Information, go to: