

# 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

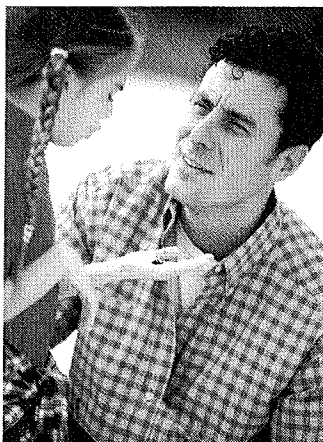
### WorkLife Services:

**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](http://mylifematters.com), select "login," and enter your company password to access resources, educational information, and self-service options. Your company 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](http://mylifematters.com) —  
password STMN1.**