

1-800-634-6433

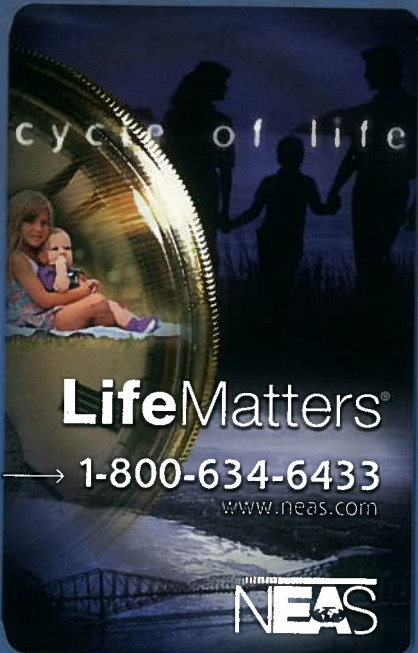
Call toll-free, 24 hours a day, every day of the year to contact **LifeMatters** in the United States, Canada, and Puerto Rico.

From overseas, call collect to: **262-574-2500**

TDD and language translation services are available.

Visit **LifeMatters** online at:

www.neas.com



www.neas.com

work family health ←
cycle of life

LifeMatters[®]



LiveHealthy



Work/life resources and referrals for:

- Child care providers and needs
- Elder care resources and programs
- Health and wellness resources
- Other work/life balance concerns

→ **physical**

mental

spiritual

emotional ←

When you or your family need helpful guidance, counseling, local resources or reliable professional care, your **LifeMatters** program is just a phone call away, and it is available on a live basis, 24/7.

When you call, a professional **LifeMatters** counselor will speak with you about your concerns and offer a variety of services, including:

Counseling (on the phone and in-person) and resources for:

- Stress
- Family difficulties
- Depression and anxiety
- Chemical dependency
- Crisis situations
- Any other personal or family concern



Financial consultation with a certified financial counselor for:

- Budgeting
- Credit report review or correction
- Information on mortgages, loans, and other financial arrangements
- Debt management and consolidation
- College or retirement planning

Legal consultation with an attorney (over the phone or in-person) for:

- Consumer law
- Traffic citations
- Family law
- Estate planning
- Other personal law issues



Other LifeMatters Services

The **LifeMatters** Web site, www.neas.com, offers educational information, self-serve options and interactive tools. When you go to the Web site, select "Login" and enter the company password provided to you by your employer.

The Self Assessment Program is an anonymous, automated service that allows you to self-assess for a variety of personal concerns including stress, depression, chemical dependency, and relationship issues. To use this free, anonymous service, visit www.neas.com, log in and click on Self Assessments, or call 1-888-988-NEAS (6327).

Services are Free

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

Your Privacy

LifeMatters is provided by NEAS, Inc., an independent consultation firm. Your use of this service and the information you share is confidential, except when your safety or the safety of another individual may be at risk.

How to contact LifeMatters®

User-friendly, confidential services are available to you and your eligible dependents on a live basis 24 hours a day, every day of the year by calling:

1-800-634-6433

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

From overseas, call collect to 262-574-2500