1-800-367-7474

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

Visit **Life**Matters online at:

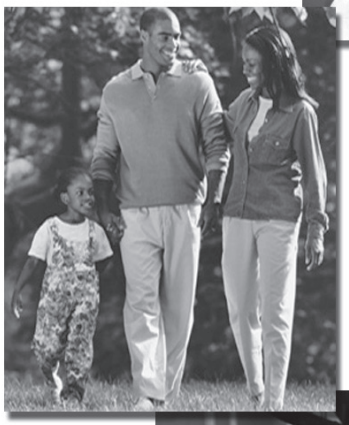
mylifematters.com

For additional information, see your Human Resource Department for "Combined Evidence of Coverage/Disclosure Form" or call us at 1-800-367-7474. Should you have a service complaint, call or write us. You can also log onto mylifematters.com, and select Grievance Form.

Language assistance services in your preferred spoken and written languages are available at no cost by calling 1-800-367-7474

mylifematters.com

LifeMatters®



LiveHealthy

physically

mentally

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

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

Counseling

You and your eligible family members may receive up to three (3) sessions, for each problem, to assist you in resolving issues.

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

Work/life resources and referrals for:

- Child care providers and needs
- Elder care resources and programs
- Health and wellness resources

spiritually

emotionally

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 for:

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

Other **Life**Matters Services

The **Life**Matters Web site offers educational information, self-serve options and interactive tools. Go to mylifematters.com and enter your company password: **csuchico**

Who is Eligible?

All employees, their dependents (including dependent children not residing with the parent) and other family members living in the employee's home are eligible for services and may contact **Life**Matters directly.

Services are Free

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

Your Privacy

LifeMatters is provided by Empathia Pacific, Inc., a wholly owned subsidiary of Empathia, Inc. 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 **Life**Matters

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:

1-800-367-7474