

mylifematters.com

Do you want to access LifeMatters services online?
Simply go to **mylifematters.com** on your computer,
tablet, or mobile device and enter the password:

**Call CSUDH Benefits at (310)243-3769 , 3771 or the
Care Center at 1-800-634-6433**

Reasons to access mylifematters.com include:

- ▶ Caregiver support
- ▶ Child and elder care
- ▶ College life
- ▶ Communication
- ▶ Debt and bankruptcy
- ▶ Depression or anxiety
- ▶ Emotional wellbeing
- ▶ Family or relationship concerns
- ▶ Financial planning
- ▶ Fitness
- ▶ Legal concerns
- ▶ Managing stress
- ▶ Pet care
- ▶ Relationships
- ▶ Any other issue of concern in your life

The website also offers an extensive library of content that
is updated regularly with new resources, including:

- ▶ Articles
- ▶ Assessments
- ▶ Financial calculators
- ▶ Healthy recipes
- ▶ Interactive courses
- ▶ Legal forms
- ▶ Quizzes
- ▶ Videos
- ▶ Webinars

Use mylifematters.com to perform self-searches on child or
elder care providers, find tools to assess stress or manage
a move, or attend a webinar on a variety of topics. This and
much more is available to you anytime!

For immediate, in-person access to LifeMatters services,
call 1-800-367-7474. Expert assistance is available
24/7/365.



Call **LifeMatters®** by Empathia toll-free anytime. **1-800-367-7474**

Assistance with Life, Work, Family, and Wellbeing • 24/7/365

Call collect to **262-574-2509** if outside of North America

Visit **LifeMatters®** online at **mylifematters.com**

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

