



## WorkLife Complete

WorkLife Complete is a customized research and referral service. It provides confidential assistance with a variety of life issues, including:

- Dependent care (all ages and abilities)
- Convenience services (fitness center locations, help finding a plumber, pet care needs, etc.)

This service is available 24 hours a day, every day of the year by calling LifeMatters. You will be connected to a WorkLife specialist who will:

- Gather information
- Provide ideas and guidance
- Follow up with resources that meet your specific needs, such as location, availability, and business hours
- Offer tip sheets, booklets, and other information as needed

Services are available in a variety of areas, including:

### Adoption

- International adoption resources
- Adoption agencies

### Education

- Public and private K-12 schools
- Colleges and universities



- Tutoring services
- Financial aid ideas and guidance

### Child Care

- Child care centers and family child care
- Nanny and au pair agencies
- Before and after-school care
- Summer camps

### Elder Care

- Senior housing and care options
- Community resources
- Transportation services

### Convenience Services

- Pet sitting
- Consumer purchases
- Travel services

WorkLife Complete provides convenience and peace of mind. Call today to find services that meet your needs.

## 1-800-634-6433

Assistance with Life, Work, Family, and Wellbeing • 24/7/365  
[mylifematters.com](https://mylifematters.com) • Text\* "Hello" to 61295 (U.S.)/204-817-1149 (Canada)  
Call collect to **262-574-2509** if outside of North America  
TTY/TRS 711 and language translation services are available

\*SMS messages will be sent for the duration of the chat. Message and data rates may apply. Text HELP for help and STOP to cancel.  
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