



A Guide to mylifematters.com

Accessing LifeMatters services online has never been easier! Simply go to **mylifematters.com** and log in with your company password to explore the following options:

- **Guided Experience.** Our guided experience will quickly direct you to useful resources. Simply answer a short series of questions to receive results that are tailored to your needs.
- **Connect with Us.** Select “Connect with Us” for immediate access to assistance from a LifeMatters counselor.
- **Digital Self-Help.** This cognitive behavioral therapy (CBT) program will help you explore and address concerns at your own pace. Explore modules on anxiety, stress, and depression.
- **Discount Center.** Sign up for access to discounts on a variety of goods and services. This service is provided by LifeMart.
- **MyWellbeing Profile.** Evaluate your current circumstances and identify opportunities for growth in five domains: Physical, Community, Social, Career, and Financial.
- **Calendar.** Check out our list of upcoming webinars and other events.



- **Togetherall.** An anonymous online peer support community that offers a variety of options for supporting your wellbeing.
- **Podcasts.** *OnTopic from Empathia*, our podcast series, interviews experts in the fields of mental health and crisis recovery.
- **Webinars.** An extensive catalog of webinar topics is available on demand, with more added monthly. To view webinars, please create a registered account.

In addition, explore content in a variety of categories, including:

- Legal and financial wellness
- Caregiving needs
- Emotional wellbeing
- Relationships
- Workplace

To visit mylifematters.com, log in using the password:

CSUCI

1-800-367-7474

Assistance with Life, Work, Family, and Wellbeing
mylifematters.com • 24/7/365 • CRS TTY: 711

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

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

