



## Maternity education

### Get maternity and parenting resources in one location

When you're starting or expanding your family, there's a lot of things you need to know about, and it's not always easy to find the right information. WorkLifeMatters Employee Assistance Program (EAP) provides maternity and parenting resources all in one location on [guardianmaternity.ibhworklife.com](http://guardianmaternity.ibhworklife.com) so you can easily find what you need. From articles to FAQs to videos, you can get information on topics including fertility, labor and delivery, first-time parenting, working with your partner, and much more.



Topics Covered	Available Resources	Special Features
<ul style="list-style-type: none"> <li>Fertility</li> <li>Pregnancy</li> <li>Labor &amp; Delivery</li> <li>New parenting</li> <li>Working with your partner</li> </ul>	<ul style="list-style-type: none"> <li>Articles</li> <li>FAQs</li> <li>Videos</li> <li>Contacts</li> </ul>	<ul style="list-style-type: none"> <li>Easy online access</li> <li>One stop shop</li> <li>Information updated regularly</li> <li>Help with related issues such as stress management</li> </ul>

### Your Employee Assistance Program

WorkLifeMatters offers services to help promote well-being and enhance the quality of life for you and your family:

- Support & guidance with family and personal issues
- Unlimited access to resources online or over-the-phone
- Up to 3 complimentary face-to-face counseling sessions with an IBH network provider
- Complimentary 30-minute consultation with an attorney, CPA, or other financial professional

**Visit our maternity site at [guardianmaternity.ibhworklife.com](http://guardianmaternity.ibhworklife.com) and get answers to all your parenting questions!**

**Connect with a counselor for complimentary support services:**

**Email:**

[eapcounselor@ibhcorp.com](mailto:eapcounselor@ibhcorp.com)

**Phone:** 1-800-386-7055

Available 24 hours a day,  
7 days a week\*

**Web:**

[ibhworklife.com](http://ibhworklife.com)

**User name:** WorkLife

**Password:** 70101

**The Guardian Life Insurance Company of America**  
New York, NY

[guardianlife.com](http://guardianlife.com)

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\*Office hours: Monday-Friday 6am-5pm PST. Live answer exchange available after hours. WorkLifeMattersProgram services are provided by Integrated Behavioral Health, Inc., and its contractors. Guardian does not provide any part of WorkLifeMattersProgram services. Guardian is not responsible or liable for care or advice given by any provider or resource under the program. This information is for illustrative purposes only. It is not a contract. Only the Administration Agreement can provide the actual terms, services, limitations and exclusions. Guardian and IBH reserve the right to discontinue the WorkLifeMattersProgram at any time without notice. Integrated Behavioral Health Laguna Niguel, CA. WorkLifeMattersProgram is not an insurance benefit and may not be available in all states. Guardian® and the Guardian G® logo are registered service marks of The Guardian Life Insurance Company of America®