

Disaster Recovery

In the aftermath of the disaster, you may need to access services to help with managing your personal recovery.

LifeMatters WorkLife Complete Services can help you locate resources for a variety of needs, such as:

- ▶ Clean-up services after the disaster
- ▶ Pet-sitters
- ▶ Plumbers
- ▶ Drywall or plaster repair
- ▶ Carpenters
- ▶ Child care
- ▶ Elder care
- ▶ Transportation options
- ▶ Stores with specialty equipment or materials

This service is available 24 hours a day, every day of the year by calling 1-800-367-7474. When you call, you will be connected to a WorkLife specialist who will:

- ▶ Gather information
- ▶ Provide ideas and guidance
- ▶ Follow up within two business days with at least three resources that meet your specific needs, such as location, availability, business hours, and speciality
- ▶ Offer tip sheets, booklets, and other information as needed



In addition, LifeMatters offers both Legal and Financial Consultation Services that can help you address concerns, such as:

- ▶ Reconfiguring your budget
- ▶ Adjustments to future financial plans
- ▶ Legal concerns resulting from the disaster

A natural disaster may have an impact on your emotional wellbeing as well. If your reaction to the disaster is interfering with your daily functioning, or if you find that you are stressed, angry, irritable, or depressed in the aftermath of the event, LifeMatters can help. Call anytime.

Please note: If you are in need of basic resources, such as clean water, food, or shelter, please contact your city or county emergency response services or disaster relief agencies such as FEMA (www.fema.gov) or the American Red Cross (www.redcross.org).

Services provided directly through LifeMatters are available at no cost to you. If you are referred to outside services, you will be informed of any costs.

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

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

