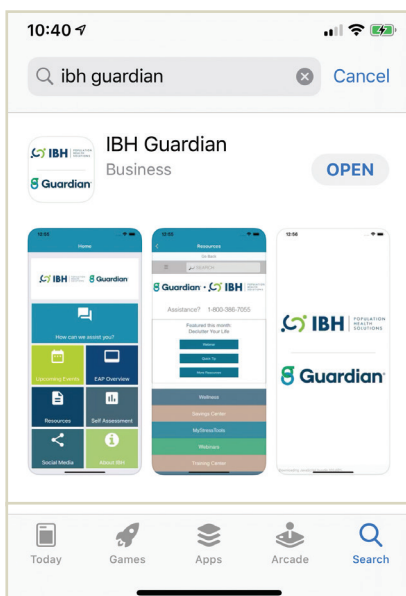
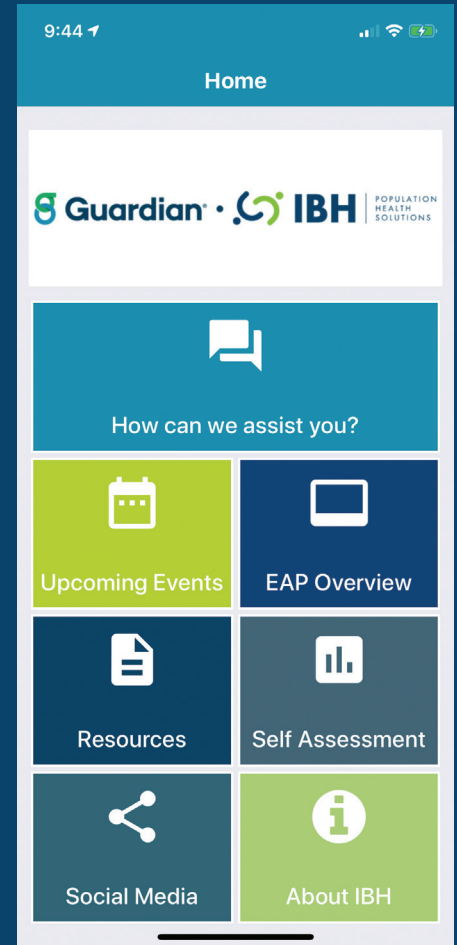
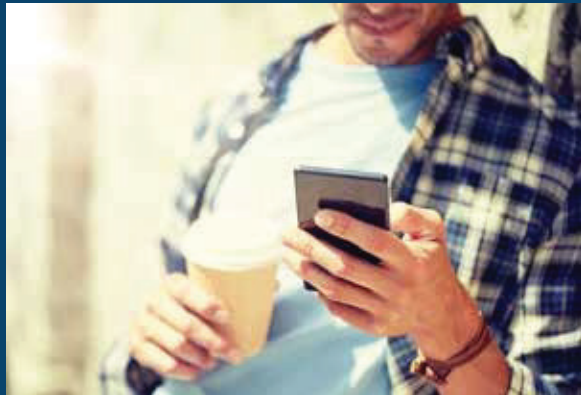
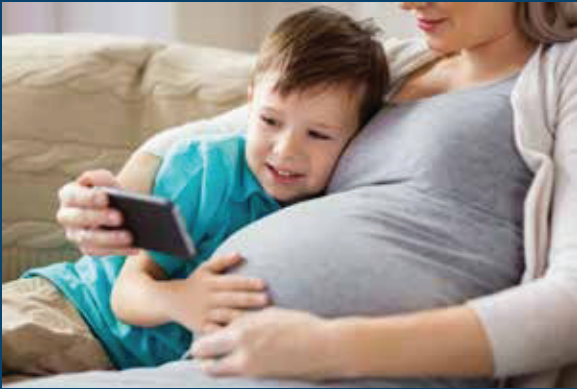


# Accessing Wellbeing Support Just Got Easier



## Download IBH Guardian

WorkLifeMatters, your Employee Assistance Program (EAP), now includes a mobile app, **IBH Guardian**. The app provides EAP contact information and quick links to online resources, including personal health and wellbeing assessments and upcoming webinars.

The EAP app works on both Android and Apple devices and can be downloaded for free at the app stores by simply searching for IBH Guardian. Useful tools will continue to be added, ensuring ongoing, easy access to private resources wherever and whenever you need them.



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