

SUPPORT, INFORMATION AND RESOURCES FOR PERSONAL AND WORK-LIFE ISSUES

COMPSYCH® GuidanceResources® Worldwide

Most of us have to face change, stress or a life-altering problem at some point. Your company-sponsored Employee Assistance Program is designed to provide counseling services, work-life assistance, legal and financial guidance to help handle concerns constructively, before they become major issues. The service is confidential and provided at no charge to you and your dependents.

CONFIDENTIAL COUNSELING

This no-cost counseling service helps address stress, relationship and other personal issues you and your dependents may face. It is staffed by GuidanceConsultants™—highly trained master's level clinicians who will listen to your concerns and refer you to in-person counseling and other resources for:

- Stress, anxiety and depression
- Job pressures
- Relationship/marital conflicts
- Grief and loss
- Problems with children
- Substance abuse

FINANCIAL INFORMATION AND RESOURCES

Speak by phone with our Certified Public Accountants and Certified Financial Planners about a wide range of financial issues, including:

- Getting out of debt
- Retirement planning
- Credit card or loan problems
- Estate planning
- Tax questions
- Saving for college

GUIDANCERESOURCES® 1.2

Solutions to the simple and complex aspects of life through confidential and professional EAP, work-life and behavioral health services.

Call: **800-327-1850** | Online: guidanceresources.com
Your Web ID: **HLF902**



(Snap a photo with a mobile device to capture information above.)



GUIDANCERESOURCES® ONLINE

GuidanceResources Online is your one stop for expert information on the issues that matter most to you - relationships, work, school, children, wellness, legal, financial, free time and more.

- Timely articles, HelpSheetsSM, tutorials, streaming videos and self-assessments
- "Ask the Expert" personal responses to your questions
- Child care, elder care, attorney and financial planner searches

LEGAL SUPPORT AND RESOURCES

Talk to our attorneys by phone. If you require representation, we'll refer you to a qualified attorney in your area for a free 30-minute consultation with a 25% reduction in customary legal fees thereafter. Call about:

- Divorce and family law
- Real estate transactions
- Debt and bankruptcy
- Civil and criminal actions
- Landlord/tenant issues
- Contracts

WORK-LIFE SOLUTIONS

Our Work-Life specialists will do the research for you, providing qualified referrals and customized resources for:

- Child and elder care
- College planning
- Moving and relocation
- Pet care
- Making major purchases
- Home repair

HEALTH CARE NAVIGATION

HealthChampion^{SM3} is a service which helps you navigate through all aspects of your health care issues by helping to ensure you're fully supported with employee assistance programs or work/life services.² HealthChampion is staffed by both administrative and clinical experts who understand the nuances of any given health care concern. Situations may include:

- One-on-one review of your health concerns
- Preparation for upcoming doctor's visits/lab work/tests/surgeries
- Answers regarding diagnosis and treatment options
- Coordination with appropriate health care plan provider(s)
- An easy-to-understand explanation of your benefits - what's covered, what's not
- Cost estimation for covered/non-covered treatment
- Guidance on claims and billing issues
- Fee/payment plan negotiation

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² California residents are limited to three prepaid behavioral health counseling sessions in any six-month period. Except for acute emergencies and other special circumstances, additional sessions for California employees are available on a fee-for-service basis.