GuidanceResources®

Your Life. Your Work. Your Best.®

Your Guidance Resources® Program

Sometimes life can feel overwhelming. It doesn't have to. Your ComPsych® GuidanceResources® program provides confidential counseling, expert guidance and valuable resources to help you handle any of life's challenges, big or small.

Services:

Confidential Emotional Support

3 face-to-face or virtual sessions per person, per issue, per year

- · Anxiety, depression, stress
- · Grief, loss and life adjustments
- Relationship/marital conflicts

Work and Lifestyle Support

- · Child, elder and pet care
- Moving and relocation
- Shelter and government assistance

Legal Guidance

- · Divorce, adoption and family law
- · Wills, trusts and estate planning
- Free consultation and discounted local representation

Financial Resources

- · Retirement planning, taxes
- · Relocation, mortgages, insurance
- · Budgeting, debt, bankruptcy and more

Digital Support

- Connect to counseling, work-life support or other services
- · Tap into an array of articles, podcasts, videos, slideshows
- Improve your skills with On-Demand trainings

Online Will Preparation

- Quickly and easily complete a will on your computer with EstateGuidance®
- Specify guardians, trustees and property division
- Provide funeral and burial instructions

Wellness Support Flexible 3-5 coaching session model

- · Make positive lifestyle changes with health coaching
- Improve your nutrition, exercise habits, weight loss
- Get help with smoking cessation, back care, resiliency and more

Life is challenging. We can help. Confidential 24/7 support.







24/7 Live Assistance: Call: (855) 239.0743 TRS: Dial 711



Online: <u>quidanceresources.com</u> App: GuidanceNow^{sм}

Web ID: Guardian

When calling ComPsych, reference this policy name and number:

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