



An Overview of Your Employee Assistance Program

Presented by ComPsych® GuidanceResources®

Stay Ahead of Performance, Productivity and Health Issues

COMPSYCH[®]
GuidanceResources[®] Worldwide

Guardian[®]

Overview of ComPsych

- Founded in 1984 and grown to be the largest provider of EAP services in the world
- Expansive and diverse customer base covering more than 139 million individuals and 68,000 organizations throughout the U.S. and 200 countries
- Pioneer and leading provider of fully integrated EAP, legal, financial, work-life and wellness services under its GuidanceResources brand
- Global service centers staffed by dedicated clinical, legal, financial, wellness, behavioral and work-life specialists—24 hours a day
- Leading provider of Critical Incident Services worldwide
- Partnered with Guardian Life Insurance Company beginning in 2023

GuidanceResources: An Integrated Program Model

Integrated GuidanceResources allows us to be your single source for:

- Confidential consultation on personal issues
- Legal information and resources
- Information, referrals and resources for work-life needs
- Financial information, resources and tools
- Online information, resources and tools



Confidentiality

- The program is strictly confidential
- Records are maintained by ComPsych
- Reports provide a summary of the number and types of requests for assistance, but do not state who is using the program



Available 24 Hours a Day

Call us anytime for solutions!
855-239-0743

Or Online:
www.GuidanceResources.com

Mobile App: GuidanceNow™

First-time users, register using your
Organization Web ID: **Guardian**

For employees and their household members.

Confidential Counseling

Short-Term Counseling = EAP

- 3 counseling sessions per person, per issue, per year
- Address issues early
- No cost
- Confidential
- Telehealth options available!

Long-Term Counseling = Insurance

- Continuing treatment for long-standing issues
- Refer to medical insurance



Legal Information and Consultation

Legal information from licensed ComPsych staff attorneys

- Unlimited telephonic access
 - Family law
 - Wills
 - Bankruptcy
 - Estate planning
 - Real estate
 - ID Theft
- Local, quality referrals
 - 30 minute in-person consultation at no cost to you
 - 25% discount off usual fees when retained



Online Will Preparation

Secure your wishes with a legally binding will.

EstateGuidance® makes it easy with online tools that walk you through the process in minutes.

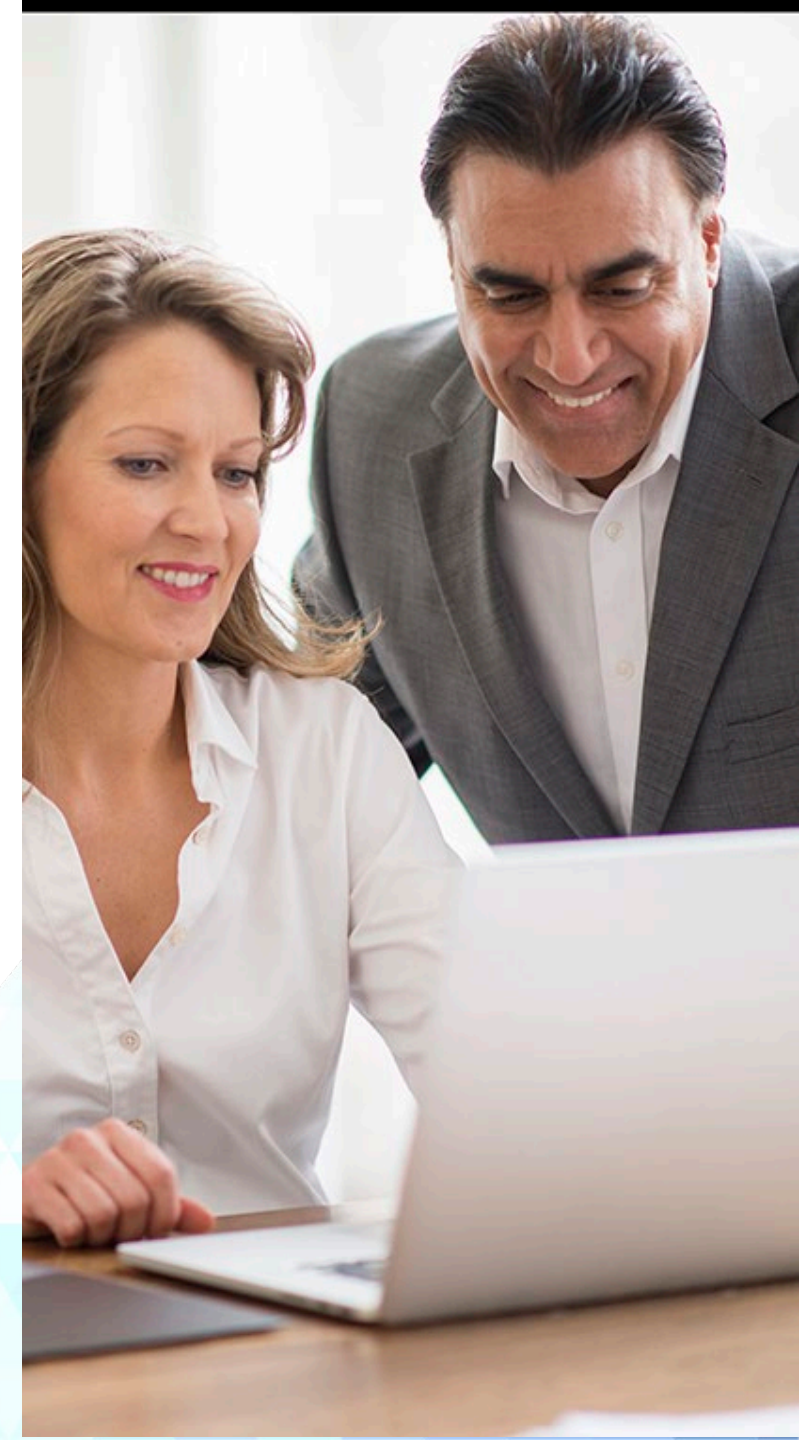
- Create a customized will at no cost to you
- Get your will printed and sent to you - \$14.99
- Draft a living will - \$14.99
- Draft final arrangements document - \$9.99



Financial Information and Consultation

Financial information from ComPsych staff financial specialists

- Unlimited telephonic access
- Confidential and objective
 - Debt management
 - Money management
 - Estate planning
 - Tax questions
 - Mortgages, loans and refinancing
 - Retirement programs
 - Real estate
 - Credit problems
 - Investment options
 - Bankruptcy



Work-Life Balance

Information, referrals and resources for work-life needs

Addressing work-life balance issues by providing practical information and customized referrals

- Child and elder care
- Educational options
- Community information
- Event planning
- Home improvement
- Buying/selling a home, relocation
- Support groups
- Assistance with shopping and locating items



Well-Being Coaching

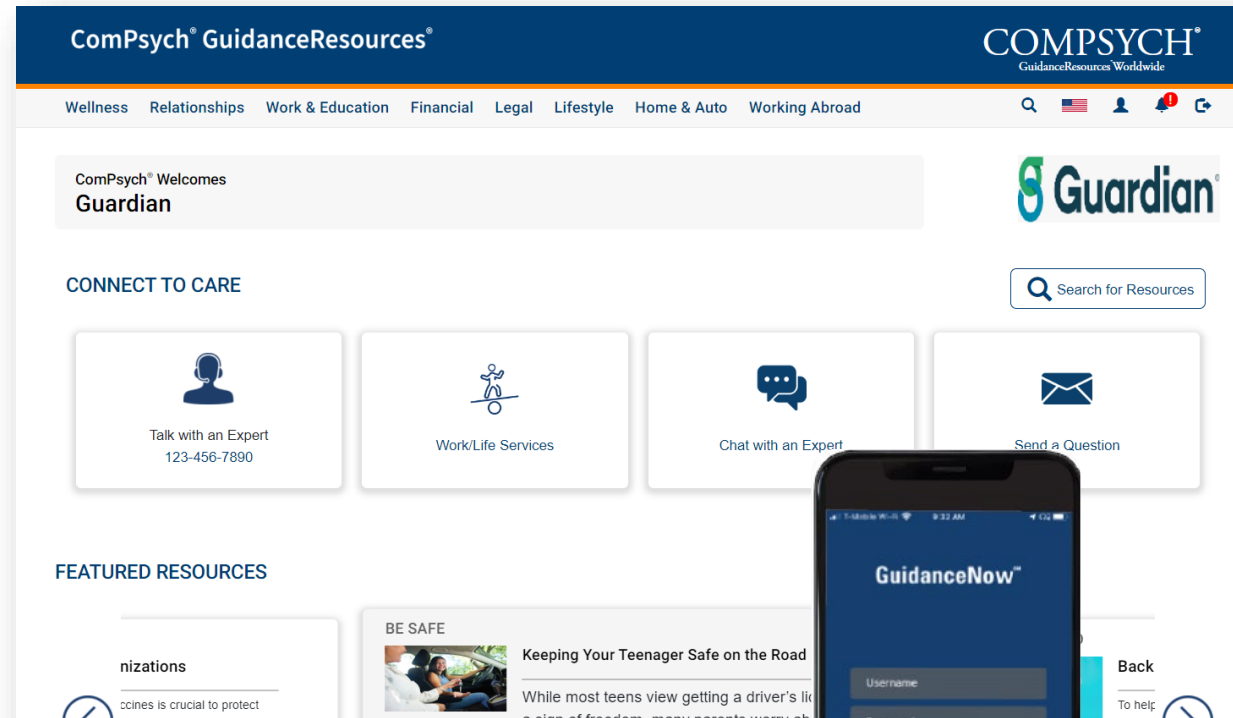
- Virtual coaching with in-house staff of Behavioral Change Specialists (phone or video)
- Ideal to support life stressors, transitions and everyday challenges including:
 - Burnout
 - Developing self-compassion
 - Dealing with competing priorities
 - Time management and more!
- Fully integrated to ensure access to higher level clinical (therapy) services, when needed



GuidanceResources Online

Specialized resources available 24/7

- Access from anywhere, anytime
- Click to Chat with a GuidanceConsultantSM
- HelpSheetsSM on thousands of topics
- On-demand training videos
- Available via mobile app, GuidanceNowSM



Online Registration

ComPsych® GuidanceResources®

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US

Your Life. Your Work. Your Best.®

LOGIN **REGISTER** HELP

Organization Web ID

Guardian


Register

If you do not know your Organization Web ID, it can be found on your program wallet card, poster, flyer or brochure.

Online Registration

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Login 

Registration: Profile

To register for GuidanceResources Online, simply fill in the areas below.

*** Required**

Organization Web ID * Guardian

Select User Name and Password

User Name * (Select your own user name: 6-16 characters, no spaces.)

Password * [Password Requirements](#)

Re-enter Password *

In case you forget your User Name or Password...

E-mail Address *

Thank You for Attending



Call us anytime for solutions!
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The Employee Assistance Program is a suite of services solely created and offered by ComPsych. Guardian is not responsible or liable for care or advice given by any provider or any service offering within the Employee Assistance Program. This information is for informational purposes only. It is not a contract. Only the plan service agreement can provide the actual terms, services, limitations and exclusions. Guardian and ComPsych reserve the right to discontinue the Employee Assistance Program at any time without notice. Legal services provided through the Employee Assistance Program will not be provided in connection with or any action against Guardian, ComPsych or your employer. The Employee Assistance Program, or any individual service offering within the Program, is not an insurance benefit and may not be available in all states. Legal/financial assistance and resources services are not available in the states of New York and Hawaii.

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