



**Your employer offers this service at no additional cost to you! Available to you, your spouse and your dependents.**

**You get**

Unlimited phone access to legal, financial and work-life services

In-person help with short-term issues

Up to six in-person sessions per person, per issue, per year

# Help and support for personal and work-life matters

*EmployeeConnect Plus*<sup>SM</sup> gives you and your loved ones the support, resources and information you need to handle life's demands.

## GuidanceConsultants<sup>SM</sup>

When going through a difficult time, having someone to talk to can make a big difference in your state of mind. You and your loved ones have access to confidential counseling from trained counselors for:

- Stress, anxiety and depression
- Relationship/marital conflicts
- Parenting questions
- Job pressures
- Grief and loss
- Substance abuse

## GuidanceResources<sup>®</sup> Online

Whenever you need guidance on important life matters, visit [GuidanceResources.com](http://GuidanceResources.com) or download the *GuidanceNow*<sup>SM</sup> mobile app. You'll find help on relationships, work, school, children, legal, financial concerns and more. You have access to:

- Timely articles, *HelpSheets*<sup>SM</sup>, tutorials, streaming videos and self-assessments
- "Ask the Expert" personal responses to your questions
- Child care, elder care, attorney and financial planner searches
- Pet insurance discounts and care locator

## Financial services

Everyone needs a bit of financial advice now and then. With *EmployeeConnect Plus*, you can speak with a *ComPsych*<sup>®</sup> financial expert to discuss:

- Managing personal financial challenges
- Credit card and debt management
- Budgeting
- Tax questions
- Financing for college
- Estate planning
- Investment options
- Mortgages, loans and refinancing
- Retirement planning

## *EmployeeConnect Plus*<sup>SM</sup>

### EMPLOYEE ASSISTANCE PROGRAM SERVICES

24 hours a day, 7 days a week. Call 855-327-4463, or visit us online at [www.GuidanceResources.com](http://www.GuidanceResources.com) (Web ID=Lincoln / Company name = CA Ti / Select your company = CA Times)

- Family
- Parenting
- Addictions
- Emotional
- Legal
- Financial
- Relationships
- Stress



## Legal services

You can easily feel overwhelmed when faced with legal issues. Fortunately, help is just a phone call away. *EmployeeConnect Plus*<sup>SM</sup> gives you access to a ComPsych® staff attorney. Get valuable legal help with:

- Family law
- Bankruptcy and credit issues
- Landlord/tenant issues
- Civil actions and small claims
- DUI/DWI
- Wills, living wills and trusts
- Name changes
- Contracts
- Probate matters
- Immigration

Along with unlimited phone access to staff attorneys, you can receive one free 30-minute consultation with a local network attorney (per legal issue), and 25% off network attorneys' customary legal fees.

## Work-life services

When you need help resolving issues at home or work, *EmployeeConnect Plus* is here for you. Work-life specialists will research your question and will send you information based on your needs. Find help with:

- Childcare and before- and after-school care
- Elder care and assisted living services
- Relocation information
- Event planning and home improvement



To find out more:

Visit [GuidanceResources.com](http://GuidanceResources.com) (Web ID = Lincoln / Company name = CA Ti / Select your company = CA Times), download the *GuidanceNow*<sup>SM</sup> mobile app, or call 855-327-4463.

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