



# 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.

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

## 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)

- 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<sup>®</sup> 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), download the *GuidanceNow*<sup>SM</sup> mobile app, or call 855-327-4463.

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