



Help with life's challenges

*EmployeeConnect*SM services

We're here to help

Personal issues, planning for life events or simply managing everyday challenges can affect your work, health and family. *EmployeeConnect*SM services provide you with the support, resources and information you need to handle personal and work-life issues.

The *EmployeeConnect*SM Program is:

- Company sponsored
- Confidential
- Provided at no charge to you
- Available to you and your dependents 24/7

Confidential counseling

Someone to talk to

The counseling service helps you address stress, relationship and other personal issues you and your family may face. Staffed by *GuidanceConsultants*SM, this service connects you to highly trained master's- and doctoral-level clinicians who will listen to your concerns and quickly refer you to in-person counseling (up to four sessions with a counselor per issue, per year) and other resources for:

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

Financial information and resources

Discover your best options

Call *ComPsych*[®] certified public accountants and certified financial planners on a wide range of financial issues, including:

- Budgeting and getting out of debt
- Credit card or loan problems
- Tax questions
- Retirement planning
- Estate planning
- Saving for college
- Real estate questions

Insurance products marketed by:
The Lincoln National Life Insurance Company
Lincoln Life & Annuity Company of New York

Legal support and resources

Expert info when you need it

Talk to a ComPsych® attorney by phone. If you require representation, ComPsych will refer you to a qualified attorney in your area for a free 30-minute consultation with a 25% reduction in customary legal fees thereafter. Get help with:

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

Work-life solutions

Delegate your “to-do” lists

Let ComPsych® work-life specialists do the research for you. They can provide you with qualified referrals and customized information for:

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

GuidanceResources® Online

Knowledge at your fingertips

You can turn to this one-stop shop 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

Call or click anytime to access your services

Call: 1-888-628-4824

Go to: GuidanceResources.com

Username: LFGsupport

Password: LFGsupport1

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You're In Charge®

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