



Call ComPsych® GuidanceResources® anytime for confidential assistance.

Call: 800.311.4327
Go online: guidanceresources.com

TDD: 800.697.0353
Your company Web ID: ASEAP

CHECK OUT
OUR NEW
WELLNESS
BENEFIT!

Personal issues, planning for life events or simply managing daily life can affect your work, health and family. ComPsych® GuidanceResources® provides support, resources and information for personal, work-life and wellness issues. GuidanceResources is employer-sponsored, confidential and provided at no charge to you and your dependents. This flyer explains how GuidanceResources can help you and your family deal with everyday challenges.

Wellness

Take charge of your health.

HealthyGuidance® helps you make positive lifestyle changes. You and your dependents can get the tools and support you need to make smarter decisions about your health.

This confidential program includes:

- › Health risk assessment and personal health report
- › Weight, lifestyle and tobacco cessation coaching from certified health coaches
- › Online health info, learning modules and other tools

Call for an appointment with a health coach or go online to www.guidanceresources.com to access the health risk assessment and many other online tools.

Confidential Counseling

Someone to talk to.

This no-cost counseling service helps you address stress, relationship and other personal issues you and your family may face. It is staffed by GuidanceConsultantsSM—highly trained master's and doctoral level clinicians who will listen to your concerns and quickly refer you to in-person counseling and other resources for:

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

GuidanceResources® Online

Knowledge at your fingertips.

GuidanceResources Online is your one stop 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



Legal Support and Resources

Expert info when you need it.

Talk to our attorneys by phone. If you require representation, we'll refer you to a qualified attorney in your area for a free 30-minute consultation with a 25% reduction in customary legal fees thereafter. Call about:

- › Divorce and family law
- › Debt and bankruptcy
- › Landlord/tenant issues
- › Real estate transactions
- › Civil and criminal actions
- › Contracts

Financial Information and Resources

Discover your best options.

Speak by phone with our Certified Public Accountants and Certified Financial Planners on a wide range of financial issues, including:

- › Getting out of debt
- › Credit card or loan problems
- › Tax questions
- › Retirement planning
- › Estate planning
- › Saving for college

Free Online Will Preparation

Get peace of mind.

EstateGuidance® lets you quickly and easily write a will on your computer. Just go to www.guidanceresources.com and click on the EstateGuidance link. Follow the prompts to create and download your will at no cost. Online support and instructions for executing and filing your will are included. You can:

- › Name an executor to manage your estate
- › Choose a guardian for your children
- › Specify your wishes for your property
- › Provide funeral and burial instructions



Your ComPsych® GuidanceResources® Program

CALL ANYTIME

Call: 800.311.4327

TDD: 800.697.0353

Online: guidanceresources.com

Your company Web ID: ASEAP

ComPsych® HealthyGuidance®

A Wellness Program to Address YOUR Health Concerns

- > Tobacco Cessation
- > Stress Management
- > Health Risk Assessment
- > Healthy Kids
- > Disease Prevention

HealthyGuidance® is provided by your employer at no cost to you, to help you make positive lifestyle changes with expert support, resources and information. This flyer explains how HealthyGuidance can support you. All programs are completely confidential.



Health Risk Assessment (HRA) and Online Health Portal

Determine the state of your health and learn ways to improve it by completing a confidential HRA. Answer questions on a wide range of health and lifestyle topics, and you will receive a comprehensive personal health report that includes your risk factors for disease and the specific steps you can take to improve your health. Helpful meal planning, exercise trackers and six-week self-study learning modules are available online to help support your goals.

Tobacco Cessation Program

Smoking and related health complications are the single largest cause of preventable premature illness and death. Certified tobacco counselors provide:

- > One-on-one telephone counseling
- > A customized assistance plan
- > Helpful ideas and resources
- > Behavior modification techniques
- > Strategies to help you quit smoking permanently

Weight Management Program

Look better, feel better and reduce your risk of illness with coaching and support from your HealthyGuidance Weight Management Program. Work one-on-one with a certified health coach by phone to create a weight management program just for you.

- > Address health issues
- > Learn exercise and diet techniques
- > Online learning modules support your new, healthier lifestyle

Lifestyle Coaching

Work with a wellness coach to create goals that reduce your risk for disease. Our certified coaches are trained experts in nutrition, exercise and behavior change. Work on:

- > Diabetes prevention
- > Cardiovascular disease prevention
- > Stress management

HealthyGuidance Kids

Are you worried about your overweight child? Work one-on-one with a health coach to understand the causes and risks of having an overweight child. Our experts will help you to:

- > Create family goals for a healthier lifestyle
- > Deal with the social and emotional aspects of being overweight

Start Today!

Call: 800.311.4327

TDD: 800.697.0353

Online: guidanceresources.com

Enter your company ID: ASEAP

