

## SUPPORT, INFORMATION AND RESOURCES FOR PERSONAL AND WORK-LIFE ISSUES



### COMPSYCH® GuidanceResources® Worldwide

Most of us have to face change, stress or a life-altering problem at some point. Your company-sponsored Employee Assistance Program is designed to provide counseling services, work-life assistance, legal and financial guidance to help handle concerns constructively, before they become major issues. The service is confidential and provided at no charge to you and your dependents.

#### CONFIDENTIAL COUNSELING

This no-cost counseling service helps address stress, relationship and other personal issues you and your dependents may face. It is staffed by GuidanceConsultants<sup>SM</sup>—highly trained master’s level clinicians who will listen to your concerns and refer you to in-person counseling and other resources for:

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

#### FINANCIAL INFORMATION AND RESOURCES

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

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

#### GUIDANCERESOURCES®

Solutions to the simple and complex aspects of life through confidential and professional EAP, work-life and behavioral health services.

Call: **800-327-1850** | Online: **guidanceresources.com**  
Your Web ID: **HLF902**



(Snap a photo with a mobile device to capture information above.)

## GUIDANCERESOURCES® ONLINE

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, 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

## LEGAL SUPPORT AND RESOURCES

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
- Real estate transactions
- Debt and bankruptcy
- Civil and criminal actions
- Landlord/tenant issues
- Contracts

## WORK-LIFE SOLUTIONS

Our Work-Life specialists will do the research for you, providing qualified referrals and customized resources for:

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

## HEALTH CARE NAVIGATION

Employees covered under The Hartford's disability insurance also have access to HealthChampion<sup>SM</sup>. This program provides confidential support for issues such as:

- Explanation of health plan coverage
- Understanding diagnosis and treatment options
- Claims review and fee negotiation

Visit us at [TheHartford.com/value](https://www.TheHartford.com/value)



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California residents are limited to three prepaid behavioral health counseling sessions in any six-month period. Except for acute emergencies and other special circumstances, additional sessions for California employees are available on a fee-for-service basis.