



Help with life's challenges

EmployeeConnect PlusSM 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 PlusSM* services provide you with the support, resources and information you need to handle personal and work-life issues.

In addition to unlimited phone access to legal, financial and work-life services, you can also access in-person help with short-term issues; up to six* sessions per person, per issue, per year.

*In California, up to three sessions in six months, starting with initial contact by the employee.

The *EmployeeConnect PlusSM* program is:

Company sponsored

Confidential

Provided at no charge to you

Available to you and your dependents 24/7

EmployeeConnect PlusSM

Employee Assistance Program Services

Confidential help 24 hours a day, 7 days a week for employees and family members

Call 855-327-4463. Or visit us online at www.GuidanceResources.com.
(Web ID = Lincoln)

COMPSYCH[®]
GuidanceResources[®] Worldwide

Cut out this card and keep it with you for quick reference.

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 GuidanceConsultantsSM, 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 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” list

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

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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: 1-855-327-4463

TDD: 1-800-697-0353

Go to: GuidanceResources.com

Your company Web ID: Lincoln

EmployeeConnect PlusSM

Get help 24/7 with:

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



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