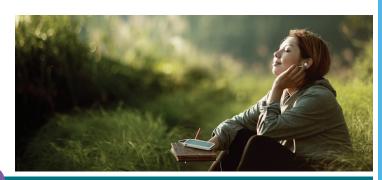


# **Employee Assistance Program**

Your well-being doesn't begin or end with your finances. It starts with — and is always about — you. Our team is here to help, anytime and anywhere. Read on for information about no-cost, confidential support you can access for life's challenges.



Need to speak with someone? Receive up to three face-to-face sessions per issue/year.



# **Confidential emotional support**

Our highly trained clinicians will listen to your concerns and help you or your immediate family members with a variety of issues and, if needed, refer you to other resources. Talk to us for:

- · Anxiety, depression, stress
- Grief, loss and life adjustments
- Relationship/marital conflicts



# Legal guidance

Talk to our attorneys for practical assistance with your most pressing legal issues, including:

· Divorce, adoption, family law, wills, trusts and more

Need representation? Get a free 30-minute consultation and a 25% reduction in fees.



#### Work/life solutions

Our specialists provide qualified referrals and resources for everyday tasks, such as:

- · Finding child and elder care
- · Hiring movers or home repair contractors
- Planning events
- Locating pet care



#### Financial resources

Our financial experts can assist with a wide range of issues. Talk to us about strategies pertaining to:

- · Retirement planning, taxes
- · Relocation, mortgages, insurance
- · Budgeting, debt, bankruptcy and more



**Contact your Employee Assistance Program for 24/7 support, resources and information** 



# **Identity theft services**

We can help you repair your credit and your good name with tools, such as:

- Support from legal and financial professionals
- · Counseling to address emotional issues
- Work/life assistance



# **Online support**

GuidanceResources® Online is your 24/7 link to vital information, tools and support. Log on for:

- · Articles, podcasts, videos, slideshows
- · On-demand training
- "Ask the Expert" personal responses to your questions



# **Online will preparation**

EstateGuidance® lets you quickly and easily create a will online at no cost. You can:

- Specify your wishes for your property
- · Provide funeral and burial instructions
- · Choose a guardian for your children



# Phone/live support

Your Employee Assistance Program provides someone to talk to, and resources to consult whenever and wherever you need them.

**Call:** (833) 256-5115

**TDD:** (800) 697-0353

Direct, 24/7 access to a GuidanceConsultant<sup>sM</sup> who will answer your questions and, if needed, refer you to a counselor or other resources.

Online: guidanceresources.com

**App:** GuidanceNow<sup>sм</sup>

Web ID: EQUITABLE3

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