

An Introduction to GuidanceResources®

Presented by ComPsych® Corporation

STAY AHEAD of Work-Life Challenges

Overview

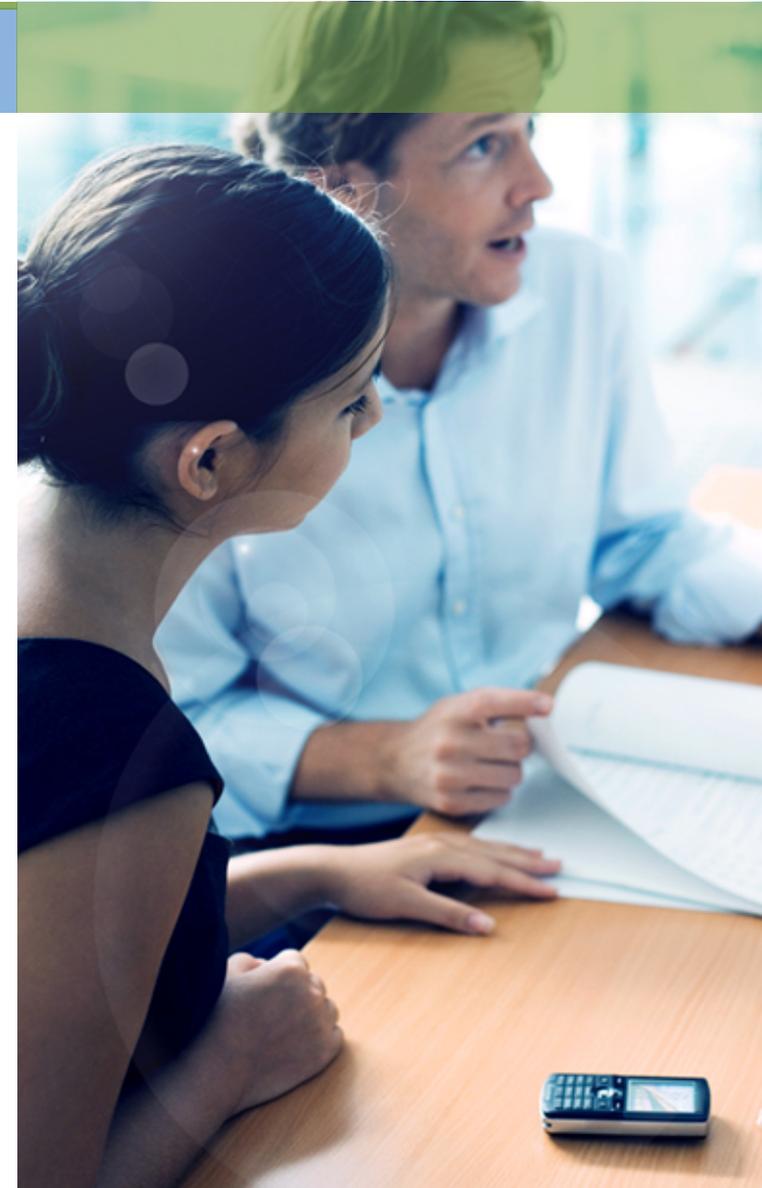
Founded in 1984 and grown to be the largest provider of EAP services in the world

Expansive and diverse customer base covering more than 62 million individuals and more than 23, 000 organizations throughout the U.S. and more than 120 countries

Pioneer and leading provider of fully integrated EAP, legal, financial, work-life and wellness services under the GuidanceResources® brand

Global service centers staffed by dedicated clinical, legal, financial, wellness, behavioral and work-life experts—24 hours a day

Leading provider of Critical Incident Services worldwide



GuidanceResources®

Integrated GuidanceResources® allows us to be your single source for:

- › Confidential consultation on personal issues
- › Legal information and resources
- › Financial information, resources and tools
- › Information, referrals and resources for work-life needs
- › Online information, resources and tools



Confidentiality

The program is strictly confidential

Records are maintained by ComPsych®

Summary of number of requests
for assistance



Available 24 Hours a Day

Call us anytime for solutions!
800.808.2261

Or Online:
www.GuidanceResources.com
Company Web ID: **MCHCP**



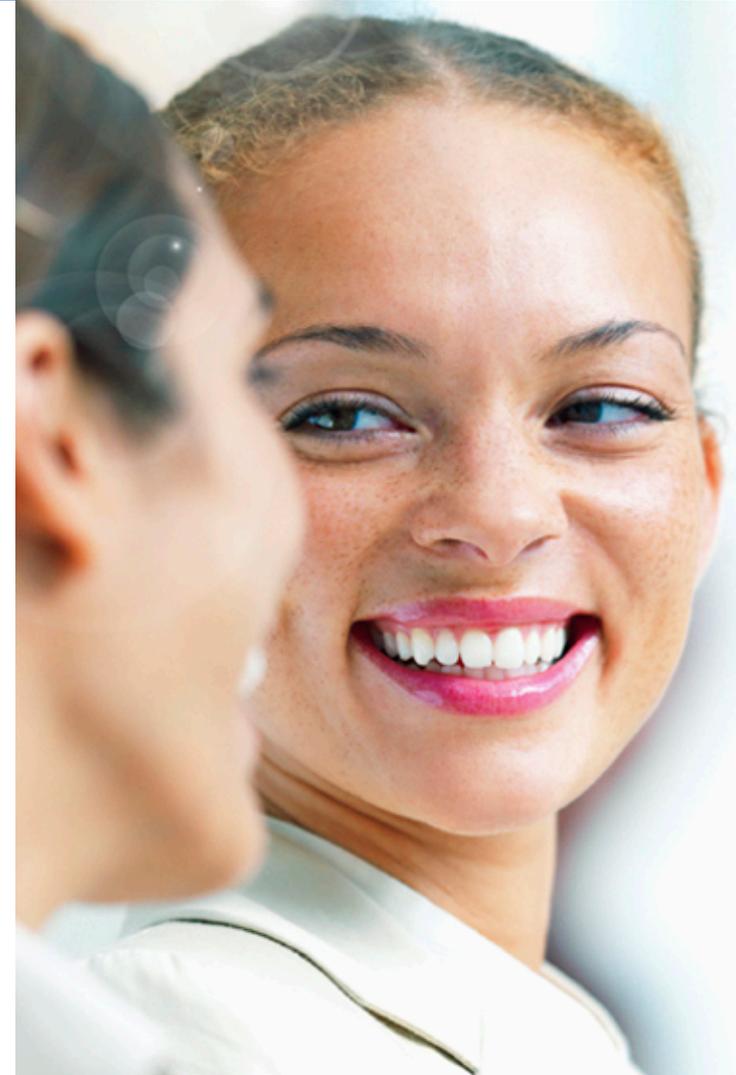
Confidential Counseling

Short-Term Counseling

- › Address issues early
- › No cost
- › Confidential
- › Voluntary

Long-Term Counseling

- › Continuing treatment for long-standing issues
- › Refer to insurance



Legal Information and Consultation

Expert legal information from licensed ComPsych® staff attorneys

- › Unlimited access
 - Family law
 - Wills
 - Bankruptcy
 - Estate planning
 - Real estate
 - ID Theft
- › Local, quality referrals
 - 30-minute in-person consultation
 - Discounted legal fees



Financial Information and Consultation

Financial information from ComPsych® staff financial experts

- › Unlimited access
 - Budgeting
 - Income tax
 - Credit
 - Real estate
 - Debt
 - Retirement planning
- › Confidential and objective



Work-Life Balance

Information, referrals and resources for work-life needs

Addressing work-life balance issues by providing practical information and referrals

- › Child and elder care
- › Educational options
- › Community information
- › Event planning
- › Home improvement
- › Buying/selling a home, relocation
- › Assistance with shopping and locating items



Online Information, Tools and Services

GuidanceResources® Online

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Help

GuidanceResources Online
welcomes ComPsych.

I'm Looking For



Counselor



Lawyer



Certified Financial
Planner



Child Care Provider



Elder Care Provider



College and University



Discounts

Alert: Breaking News and Information



Winter Weather Resources

Winter weather is affecting many parts of the country. Get more information and the latest updates here.

[Global Watch Resources](#)

Ask a GuidanceConsultant

 [Send a Question](#)

 [Chat for a Referral](#)

 800-xxx-xxxx



Overcoming Unhealthy Habits

« PREVIOUS

NEXT »

News Headlines

February 3, 2015

- Cost of Having Diabetes Has Doubled in Two Decades
- Doctors Confirm: Screen Time Affects Teens' Sleep
- Light Jogging is Best for a Long Life

[Browse the News Archive »](#)

Hot Topics

- [Play Therapy](#)

My Service Requests

Enter client details to view:

- Certifications
- Provider Contact Information
- Managed Care Claims
- Explanation of Benefits

Online Centers



- [Healthy Habits](#) **⇒New!**
- [Elder Care](#) **⇒New!**
- [Autism](#) **⇒New!**

Online Registration

GuidanceResources® Online

COMPSYCH®
GuidanceResources® Worldwide

Log In **Profile** Personalization Site Access

Registration: Profile

To register for GuidanceResources Online, simply fill in the areas below. If you do not know your Company/Organization Web ID, contact your human resources department; call GuidanceResources Online by telephone at (877) 595-5289; or [contact](#) our member services department.

* Required

* Company/Organization Web ID

* User Name

(Select your own user name: 6-16 characters, no spaces.)

* Password

(Select your own password: 6-16 characters, no spaces.)

* Re-enter Password

* Security Question

* Security Answer

* Federal law requires that we ask if you are at least 13 years of age.

I am at least 13 years old.

I am under 13 years old.

[Need help](#) registering?

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Online Resources

GuidanceResources® Online

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Search

Help

Wellness Topics

- +  Addiction
- +  Emotional Well-being
- +  Fitness & Nutrition
- +  Grief & Loss
- +  Personal Growth
- +  Physical Health
- +  Pregnancy
- +  Personal Safety
- +  Stress & Anger Management



I'm Looking For

-  Counselor
-  Lawyer
-  Certified Financial Planner

Today's Headlines

-  Cost of Having Diabetes Has Doubled in Two Decades **=Now!**
-  Doctors Confirm: Screen Time Affects Teens' Sleep **=Now!**
-  Light Jogging is Best for a Long Life **=Now!**
-  Study Suggests Limiting Alcohol Intake in Middle Age **=Now!**

Ask a GuidanceConsultant

-  Send a Question
-  Chat for a Referral
-  800-xxx-xxxx



Types of Referrals

Self-referral

- › Employee calls after receiving brochure, attending training, etc.

Informal referral

- › Employee calls as a result of manager/HR suggestion



Performance Management

Five steps to performance management

1. Identify potential performance issue
2. Observe situation
3. Document
4. Prepare
5. Take action



Additional Services

Supervisory consultants

Critical Incident Stress Management
(CISM)

Training opportunities

- › Personal and professional development workshops
- › Management development
- › HR/organizational consulting



Thank You for Attending

Your single source for confidential support, expert information and valuable resources, when you need it the most.

Available 24 hours a day, 7 days a week

Call: **800.808.2261** TDD: 800.697.0353

Online: **guidanceresources.com**

Your company web ID: **MCHCP**

