

An Introduction to GuidanceResources®



THE UNIVERSITY
of NORTH CAROLINA
at CHAPEL HILL



Stay Ahead of Performance, Productivity and Health Issues

COMPSYCH[®]
GuidanceResources[®] Worldwide

Agenda

- Overview of the program
- Access and availability
- Program components
- Online resources

GuidanceResources® – What is It?

Free, confidential services for the following:

- › Counseling (about parenting, relationships, work stress, and more)
- › Legal guidance
- › Financial guidance
- › Help with work-life balance
- › Online resources

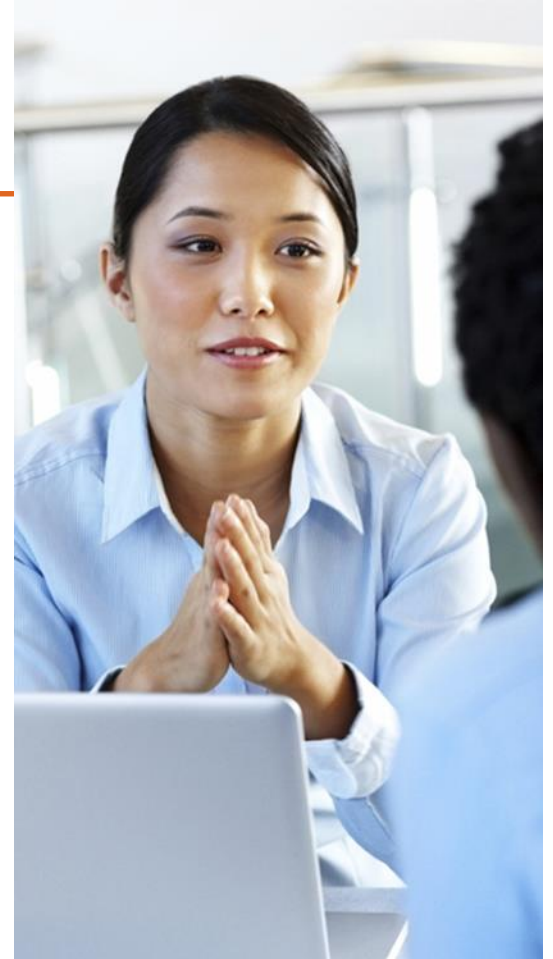


Confidentiality

The program is strictly confidential

Records are maintained by ComPsych[®]

Summary reports do NOT identify individuals



Available 24 Hours a Day

Call us anytime for solutions!

877.314.5841

Or Online:

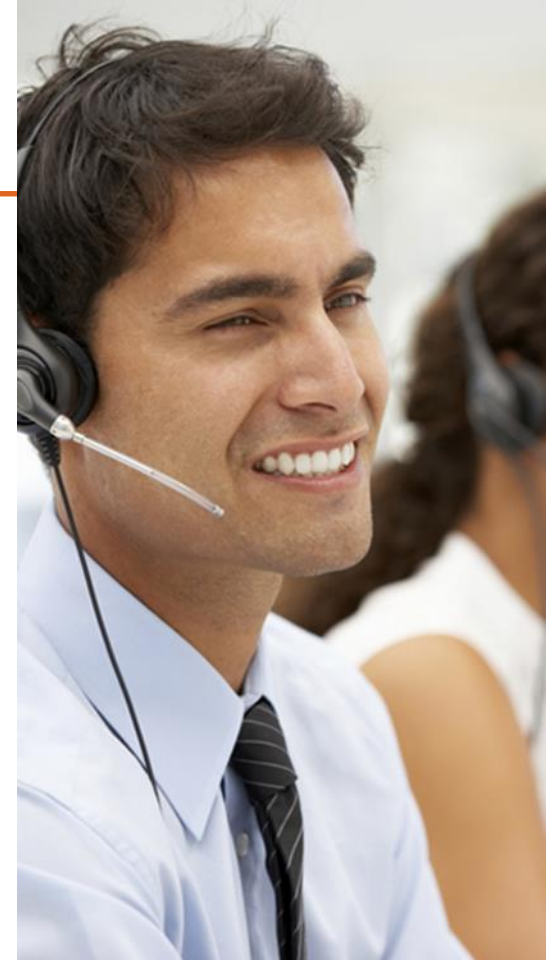
www.GuidanceResources.com

Company Web ID: **TARHEELS**

Or On Your Mobile Device:

GuidanceNowSM

For you AND your family members



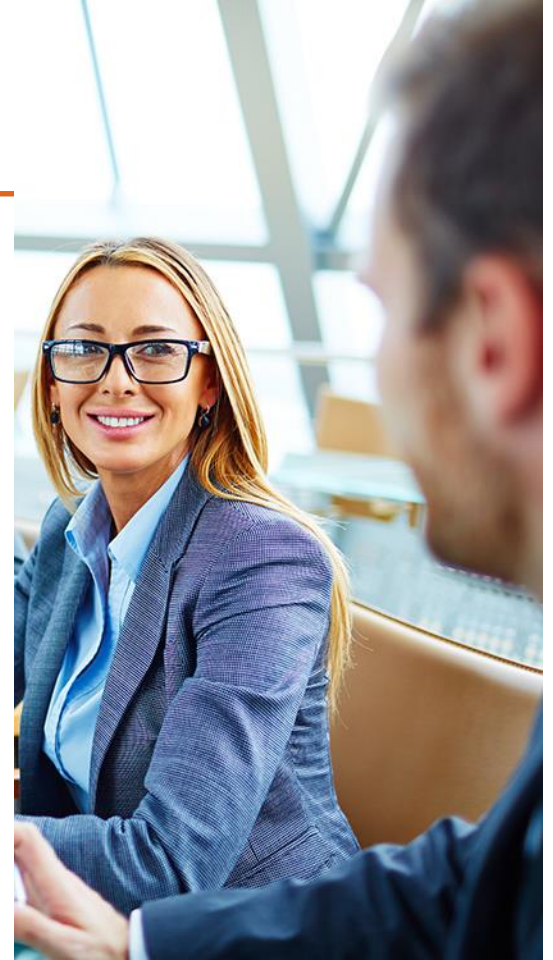
Confidential Counseling

Short-term Counseling (3)

- Address issues early
- No cost
- Confidential
- Voluntary

Long-term Counseling

- Continuing treatment for long-standing issues
- Refer to insurance or community resources



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**

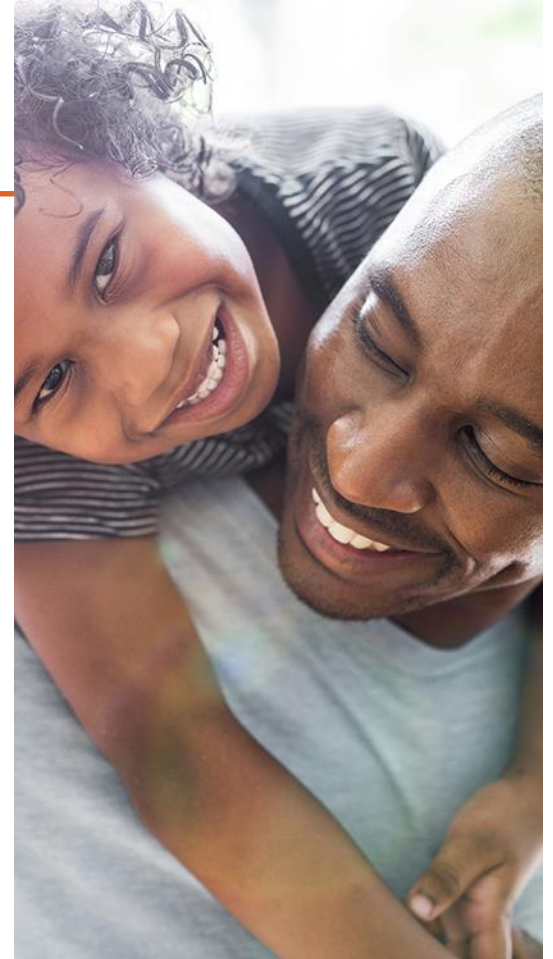


Work-Life Balance

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



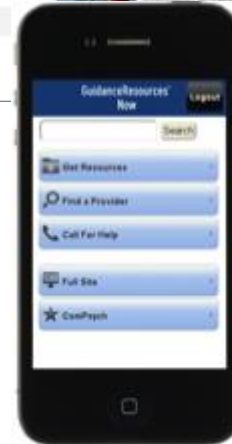
GuidanceResources® Online

Expert resources available 24/7

- Access from anywhere, anytime
- Click to Chat with a GuidanceConsultantSM
- HelpSheetsSM on thousands of topics vital to your employees
- Localized online resources — now in 65 countries
- Training programs
- Free Annual Credit Report

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Mobile App:
GuidanceNowSM



Thank You

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: **877.314.5841** TDD: 800.697.0353

Online: **guidanceresources.com**

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