



Helping you find a way forward.

Services that go beyond the benefit.

We empower you to get the most out of everything we have to offer. We'll walk alongside you and your loved ones every step of the way, providing the right service, support, and solutions to make some of life's most difficult moments easier.



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, well-being coaching, behavioral therapy, 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

You have access to five counseling sessions, at no cost, to help address stress, relationship and other personal issues you and your dependents may face. It's staffed by GuidanceConsultantsSM—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 use and misuse

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^{® 1,2}

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**

Save contact info for future use. Photograph with a mobile device.

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, HelpSheetsSM, tutorials, streaming videos and self-assessments
- "Ask the Expert" personal responses to your questions
- Childcare, 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

HealthChampion®¹ is a service which helps you navigate through all aspects of your health care issues by helping to ensure you're fully supported with employee assistance programs or work-life services.² HealthChampion is staffed by both administrative and clinical experts who understand the nuances of any given health care concern.

Situations could include:

- One-on-one review of your health concerns
- Preparation for upcoming doctor's visits/lab work/tests/surgeries
- Answers regarding diagnosis and treatment options
- Coordination with appropriate health care plan provider(s)
- An easy-to-understand explanation of your benefits—what's covered, what's not
- Cost estimation for covered/non-covered treatment
- Guidance on claims and billing issues
- Fee/payment plan negotiation

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

Well-being Coaching

Well-being Coaching is a customizable solution to help every individual attain their unique socio-emotional and physical improvement goals across 20+ topics. Certified coaches work collaboratively with you to create personalized plans that give you the tools you need to take meaningful action toward establishing and maintaining a healthy lifestyle.

Some concerns that coaching can target include:

Socio-Emotional:

- Burnout
- Finding motivation
- Coping with stress

Physical:

- Exercise
- Improving sleep
- Healthy pregnancy

Computerized Cognitive Behavioral Therapy

Computerized Cognitive Behavioral Therapy (CCBT) is evidence-based, self-guided interactive modules that address behavioral health and well-being challenges to support you by using engagement-focused activities.

The modules are used in conjunction with counseling to complement 1:1 sessions and reinforce behavior change.

Interactive modules include:

- Depression
- Sleep
- Mindfulness
- Anxiety
- Self-esteem
- And more



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Visit www.TheHartford.com/employee-benefits/beyond-insurance for more information. HealthChampion® specialists are only available during business hours. Inquiries outside of this timeframe can either request a call-back the next day or schedule an appointment. ComPsych®, GuidanceResources® AND HealthChampion® are registered trademarks of ComPsych Corporation.

² 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.