

Benefit summary — Resources For Living



To access services:
1-800-272-7252 / resourcesforliving.com
Username: VCS / Password: VCS

Emotional wellbeing support



You can access up to 6 counseling sessions per issue each year. You can also call us 24 hours a day for in-the-moment emotional well-being support. Counseling sessions are available face to face, online with televideo or by phone. Services are free and confidential. We're always here to help with a wide range of issues including:

- Relationship support
- Family issues
- Self-esteem and personal development
- Stress management
- Grief and loss
- Substance misuse and more
- Worklife balance
- Depression/Anxiety

Online services



Your member website offers a full range of tools and resources to help with emotional wellbeing, work/life balance and more. You'll find:

- Articles and self-assessments
- Adult and child care provider search tool
- Live and on demand webinars
- Stress resource center
- Find a counselor tool
- Mobile app

Be sure to download our mobile app from your device's app store. Simply search "Resources For Living" to install it for free.

Discount Center

Find deals on brand name products and services including electronics, gifts and flowers, travel and fitness.

The EAP is administered by Resources For Living, LLC.

All EAP calls are confidential, except as required by law. EAP instructors, educators and participating providers are independent contractors and are not agents of Resources For Living. Provider participation may change without notice.

Eligibility

Resources For Living is an employer-sponsored program, available for free to you and all household members. That includes dependent children up to age 26, whether or not they live at home.

Services are confidential and available 24 hours a day, 7 days a week.

Legal services



You can get a free 30-minute consultation with a participating attorney for each new legal topic related to:

- Family
- Criminal law
- Divorce
- Elder law and estate planning
- Real estate
- Mediation
- Wills and other document preparation

If you opt for services beyond the initial consultation you can get a 25 percent discount.

You also have free access to legal documents and forms on your member website.

Financial services



Call us for a free 30-minute consultation for each new financial topic related to:

- Budgeting and planning
- Credit and debt
- Retirement
- College
- Mortgages and refinancing
- Taxes, IRS questions (and 25 percent off tax preparation)

Services must be for financial matters related to the employee and eligible household members.

You also have access to financial articles, calculators and a financial assessment on your member website.

Other services

Talkspace — Send secure texts to your counselor, who will respond within one working day. A week of texting counts as one session. You can also schedule to meet online for 30-minute televideo sessions (each session counts as one visit).