

Guidance and care for life's moments

Employee Assistance & Wellness Support



Loss can shake our world, leaving us to navigate a path we never anticipated. That's why New York Life Group Benefit Solutions offers you access to the Employee Assistance & Wellness Support resources. These services are available to eligible participants upon filing a life claim, offering confidential, professional counseling to help navigate the emotions and challenges of grief. Our goal is to help you find comfort, solutions, and peace of mind—just one more way we're dedicated to Putting Benefits to Work for PeopleSM.

Our suite of value-add resources includes:

› **Employee Assistance Program¹** Upon filing a life claim you have access to solution-focused resources for coping with grief and its impact, including depression, anxiety, and stress. All counseling calls are answered by a Master's or PhD-level counselor who will collect some general information and will discuss your needs. The Employee Assistance Program provides a maximum of three counseling sessions, per issue, per year.

› **Guidance Resources^{®1}** When you need information quickly to help handle life's challenges, you can visit guidanceresources.com for resources and tools on topics such as health and wellness, legal regulations, family and relationships, work and education, money and investments, estate services and resources. You will also have access to articles, podcasts, videos, slideshows, on-demand trainings, and "Ask the Expert" which provides personal responses to your questions.

› **Well-being Coaching¹** Sometimes you may need support with personal challenges or physical concerns. At the time of filing a life claim, you will have access to a certified coach who will work with you, one-on-one, to address health and well-being issues such as burnout, time management, and coping with stress. You have access to five sessions per year. All sessions are conducted telephonically.

See additional information on next page ›



GROUP BENEFIT
SOLUTIONS



Contact info

24/7 — Employee Assistance and Wellness Support



Phone: (800) 344-9752



Website: guidanceresources.com

First time visitor? Click "Register" and enter "NYLGBS" as the Organization Web ID.

1. This program is offered to eligible participants at time of death claims and provides confidential professional grief counseling as they cope with the emotions and challenges of grief. For eligible participants only. These programs are NOT insurance and do not provide reimbursement for financial losses. Some restrictions may apply. These services are provided exclusively by ComPsych® Corporation. Customers are required to pay the entire discounted charge for any discounted products or services available through these programs. Some services are available at the option of the employer for an additional cost. Programs are provided through third party vendors who are solely responsible for their products and services. Full terms, conditions and exclusions are contained in the applicable client program description and are subject to change. Program availability may vary by plan type and location and are not available where prohibited by law. ComPsych is solely responsible for its services and is not affiliated with New York Life Insurance Company or any of its affiliates. Some of these programs are not available under policies issued by New York Life Group Insurance Company of NY.

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New York Life Insurance Company

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