

Helping you cope with the present and plan for the future



It's tough dealing with new challenges—finding child or elder care, bankruptcy, substance abuse—especially on your own. The stress alone can affect your work, health and family.

In times like these it's helpful to have someone in your corner to listen, offer advice, and point you in the right direction for additional help. That's what you get from DisabilityGuidance[®]—an Employee Assistance Program that offers support when you need it most.

Your Employee Assistance Program

We're available 24/7 to assist you.

Call: 1-888-327-9573

TDD: 1-800-697-0353

Go online:

www.guidanceresources.com

Web ID: SYMETRA



Scan to download and save the contact information to your smart phone.

Program Highlights

Up to five confidential sessions with a counselor, financial planner or attorney are available to you and your eligible family members each calendar year.¹ Consultations may be face-to-face or over the phone, and an additional five sessions are available if you have a covered disability claim. Sessions are per household and may be divided among the three types of professionals. These services are included in the overall premium. Using this program does not require any additional payment.

Confidential Counseling

Trained counselors with a master's or doctoral degree are just a phone call away. They'll listen to your concerns and quickly refer you to appropriate resources and providers for:

- Stress, anxiety and depression
- Credit card or loan problems
- Difficulties with children
- Job pressures
- Grief and loss
- Substance abuse

Financial Information and Resources

Contact a certified public accountant or certified financial planner for financial advice, including:

- Getting out of debt
- Credit card or loan problems
- Tax questions
- Retirement planning
- Estate planning
- Saving for college

Legal Support

Talk to an attorney by phone about:

- Divorce and family law
- Debt and bankruptcy
- Landlord/tenant issues
- Real estate transactions
- Civil and criminal actions
- Contracts

Need legal representation?

A general guidance consultant will refer you to a qualified attorney in your area for a free 30-minute consultation. Any customary legal fees after that are reduced by 25%.

Online Resources and Tools

Get trusted, professional information online about relationships, work, school, children, wellness, legal or financial issues, and more. Turn to GuidanceResources® online for:

- Timely articles, tutorials, videos and self-assessments
- “Ask the Expert” personal responses to your questions
- Searches for child or elder care, attorneys, and financial planners

First-time users follow these simple steps:

- 1 Go to **www.guidanceresources.com** and click on “I am a first-time user.”
- 2 Provide your Organization Web ID: SYMETRA
- 3 Create a User Name and Password. Your User Name must be at least six characters with no spaces.
- 4 The Security Question provides prompts if you forget your password.
- 5 Federal law requires that you select the button verifying that you’re at least 13 years old.
- 6 Be sure to read the Terms of Use and click the check box to agree to the terms. When finished, click Submit.

Future log-ins

Simply enter your User Name and Password. Then click on the Login button.

If you have problems registering or logging in, send an email to memberservices@compsych.com or call 1-877-595-5289.

Planning for the future.

A will is one of the most important legal documents you can have. It ensures that you’ll control who gets your property, who will be your children’s guardian, and who manages your estate when you die.

EstateGuidance® makes it easy to create a simple, customized, legally binding will by offering:

- Convenient online access to will documentation tools
- Simple-to-follow instructions guiding you through the will-generation process
- Online support from licensed attorneys, if needed
- The ability to make revisions at no cost for up to 30 days

A simple will costs just \$14.99; printing and mailing services are also available for \$9.99.

You also have the option to create a credit shelter trust for an additional fee.

Symetra Group Disability Income Insurance is insured by Symetra Life Insurance Company, 777 108th Avenue NE, Suite 1200, Bellevue, WA 98004, and is not available in any U.S. territory. Benefit availability and provisions may vary by state. Symetra Life Insurance Company and Symetra Financial Corporation do not solicit business in the state of New York and are not authorized to do so.

In New York, employee benefits are insured by First Symetra National Life Insurance Company of New York, New York, NY. Mailing address: P.O. Box 34690, Seattle, WA 98124.

Symetra Life Insurance Company and First Symetra National Life Insurance Company of New York are subsidiaries of Symetra Financial Corporation. Each company is separately responsible for its own financial obligations.

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GuidanceResources® Worldwide

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¹ Once you are enrolled in a group disability income insurance policy from Symetra Life Insurance Company or First Symetra National Life Insurance Company of New York.



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