



## Help and support for personal and work-life matters.

Life comes with many demands — from family issues... to legal and financial concerns... to coping with stress. Occasionally these matters can affect your work, health, and family. When that happens, count on *EmployeeConnect Plus*<sup>SM</sup> services included with your long-term disability insurance to provide you with the support, resources and information you need to rise to the challenge.

### GuidanceConsultants<sup>SM</sup>

#### Confidential counseling for emotional and stress-related matters

When going through a difficult time, having someone to talk to and lend a bit of guidance can make a big difference in your state of mind. It's reassuring to know that you and your loved ones have access to counseling from trained clinicians for:

- Stress, anxiety, and depression
- Relationship/marital conflicts
- Issues with children
- Job pressures
- Grieving and loss
- Substance abuse

### GuidanceResources<sup>®</sup> Online

#### Information always at your fingertips

Whenever you need information or guidance on important life matters, just visit [GuidanceResources.com](http://GuidanceResources.com). You'll find a wealth of knowledge on issues such as relationships, work, school, children, legal, financial, and more. You can access information in a variety of ways:

- Timely articles, HelpSheets<sup>SM</sup>, tutorials, streaming videos, and self-assessments
- "Ask the Expert" personal responses to your questions
- Child care, elder care, attorney and financial planner searches

### Financial services

#### Guidance that's "right on the money"

Everyone needs a bit of financial advice now and then. That's why *EmployeeConnect Plus* gives you access to a GuidanceConsultant<sup>SM</sup> to discuss your specific situation and schedule a phone appointment with a ComPsych<sup>®</sup> financial expert.

Insurance products issued by:  
The Lincoln National Life Insurance Company  
Lincoln Life & Annuity Company of New York

### EmployeeConnect Plus<sup>SM</sup> overview

- Company sponsored
- Strictly confidential
- Provided at no charge to you
- Available to you and your dependents 24/7

#### You get:

- Unlimited phone access to legal, financial, and work-life services
- In-person help with short-term issues
- Up to six\* sessions per person, per issue, per year

#### For confidential employee assistance:

Call 855-327-4463

or visit us at

[www.GuidanceResources.com](http://www.GuidanceResources.com)

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\*In California, up to three sessions in six months, starting with initial contact by the employee.

Advisors include certified public accountants (CPAs), certified financial planners (CFPs), (CFPs), and other professionals who can provide financial information over the phone on:

- Managing personal financial challenges
- Credit cards and debt management
- Budgeting
- Tax questions
- Financing for college
- Estate planning
- Real estate matters
- Investment options
- Mortgage, loans, and refinancing

## Legal services

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### Helping you navigate the legal system

When a legal matter arises, you can feel overwhelmed. Fortunately, help is just a phone call away. *EmployeeConnect Plus* gives you access to a GuidanceConsultant<sup>SM</sup> who will talk with you about your specific situation and schedule a phone appointment for you with a ComPsych<sup>®</sup> staff attorney. Get important legal help with:

- Family law matters, including divorce, custody, and adoption
- Bankruptcy and credit issues
- Landlord/tenant issues
- Civil actions and small claims
- DUI/DWI
- Wills, living wills, and trusts
- Name changes
- Contracts
- Probate matters
- Immigration

Along with unlimited phone access to staff attorneys, you're entitled to one free 30-minute consultation with a local network attorney (per legal issue), and 25% off network attorneys' customary legal fees.

## Work-life services

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### A helping hand with everyday challenges

When you need help resolving issues at home or at work, *EmployeeConnect Plus* is here for you. Work-life specialists will research your question and in just a few business days will send you information on your topic of interest, including:

- Child care, nanny services, and before- and after-school care
- Caring for a parent or elderly adult, assisted living and nursing homes
- Relocating and looking for a place to live
- Pet care, choosing a kennel, and finding dog walkers
- Sending a child to school — from preschool through college
- Planning major events or home improvement projects

***EmployeeConnect Plus*<sup>SM</sup> — Confidential help, 24/7 for employees and family members**

**Call 855-327-4463. Or visit us online at [www.GuidanceResources.com](http://www.GuidanceResources.com). (Web ID = Lincoln)**

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