

Whatever life throws at you, throw it our way

Employee Assistance & Wellness Support



Life: just when you think you've got it figured out, along comes a challenge. Whether your needs are big or small, New York Life Group Benefit Solutions is there for you with our Employee Assistance & Wellness Support program.¹ It can help eligible policyholders and members of your household find solutions and restore your peace of mind. This is just another example of how we are committed to Putting Benefits To Work For PeopleSM.

Our suite of value-add resources includes:

› Employee Assistance Program¹

Are you feeling overwhelmed by the demands of balancing work and family life? Maybe you have questions about a legal or financial concern. You and your family members now have access to various counseling services including legal, financial, and work-life balance assistance. 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 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, moving services and resources, and home and auto. 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 help with personal challenges and physical issues that can be overwhelming. To help you achieve your goals, 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, weight loss, 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

› FamilySource®¹

Managing the everyday concerns of home, work, and family can be difficult. To help resolve those concerns, you have access to family care service specialists that provide customized research, educational materials, and pre-screened referrals for childcare, adoption, elder care, education, and pet care.



Contact Information

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. These programs are NOT insurance and do not provide reimbursement for financial losses. Some restrictions may apply. 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. Three counseling visits are covered under your plan with New York Life Group Benefit Solutions. All programs are effective for the participant on the first day of coverage. 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. 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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