

Talking helps.

Especially when an expert is listening.

Listening—and keeping what you say confidential—is what we do. Whether it's job pressures, getting out of debt or anything else causing you stress, your Employee Assistance Program (EAP) is here to help with expert advice.



Unlimited toll-free access to general guidance counselors

- > Someone to listen
- > Offer advice
- > Provide referrals to appropriate resources



Up to five face-to-face sessions each year¹

- > Individual counseling
- > Legal support
- > Financial planning



Online resources available 24/7

- > Timely articles
- > Tutorials
- > “Ask the expert” tool
- > Will preparation program

Help that's there when you need it.

Call 1-888-327-9573

anytime 24/7 to speak with a general guidance counselor.

www.guidanceresources.com

Web ID: SYMETRA



www.symetra.com
www.symetra.com/ny

Symetra® is a registered service mark of Symetra Life Insurance Company.

This material outlines the value-add benefits and services offered by ComPsych® through Symetra Financial Corporation subsidiaries; Symetra Life Insurance Company (777 108th Ave NE, Suite 1200, Bellevue, WA 98004) is a direct subsidiary of Symetra Financial Corporation. First Symetra National Life Insurance Company of New York (mailing address: P.O. Box 34690, Seattle, WA 98124) is a direct subsidiary of Symetra Life Insurance Company and is an indirect subsidiary of Symetra Financial Corporation (collectively, “Symetra”). Neither Symetra Financial Corporation nor Symetra Life Insurance Company solicits business in the state of New York and they are not authorized to do so. Each company is responsible for its own financial obligations. Benefits may not be available in all states and are not available with New York group term life insurance coverage.

DisabilityGuidance®, GuidanceResources® and EstateGuidance® are offered by ComPsych® Corporation through Symetra Financial Corporation subsidiaries. ComPsych is not affiliated with any of the subsidiaries under Symetra Financial Corporation. For more information, visit www.guidanceresources.com.

ComPsych © 2018 ComPsych Corporation.

¹ In California, counseling sessions are limited to three sessions in a six-month period.

COMPSYCH®
GuidanceResources® Worldwide