



# Resources for Living<sup>®</sup>

Support for  
your overall  
well-being.

**Member Orientation**



# What is Resources for Living?



**A starting place for addressing personal issues**



**A cost-free avenue of assistance to support a healthy workplace**



**Includes access to counseling services, worklife services such as childcare referrals, legal and financial consultations and more**



**Services are confidential and are not shared with your employer**

There are certain required-by-law exceptions:

- If a caller reports any knowledge or suspicion of child or elder abuse or neglect
- If a caller threatens to harm themselves or others
- If a caller signs a release of information granting permission to divulge certain information.

# Eligibility

## Who's eligible?

- You (first day of hire)
- Full-time and part-time colleagues
- Anyone in your household (regardless of their relationship to you, age or health insurance coverage)
- Children up to age 26, including those who live away from home

You only need to state that you are an employee or a household member/child.



# Some reasons to consider using Resources for Living

## Emotional

Stress, grief, depression, anger management, feeling suicidal



## Self-improvement

Self-esteem/personal development, goal setting



## Relationship

Marital/significant other, family, parent/child

## Personal

Health/wellness, grief and loss, work/life balance, trauma/post-traumatic stress



## Workplace

Career, job issues, conflict

## Legal/financial

Budgeting, tax questions, ID theft



## Addiction

Alcohol, drug, gambling, nicotine

# Counseling benefit

## Meet with a master's level licensed counselor through our national network

- Get support by phone, in person, or through virtual therapy
- Call 24/7 for in-the-moment support and urgent counseling over the phone any time
- Receive a designated number of free counseling sessions



# Legal & financial services



## Free legal consultation

### 30 minutes per issue

Covered issues include:

- Domestic/family
- Civil and criminal
- Landlord/tenant and real estate
- Estate planning and probate
- Immigration and social security
- Motor vehicle

Free initial consultation with an attorney by phone. Additional consultation is provided at a reduced rate.

Free online legal forms/documents, informational articles and guides.



## Free financial consultation

### 30 minutes per issue

Consultation with a financial specialist by phone.

- Budgeting
- Debt
- Retirement
- College funding
- Buying vs. leasing
- Mortgages/refinancing
- Financial planning
- Tax questions and preparation
- IRS matters and tax consultations

Online financial checkup

Informational articles and tools



## Identity theft consultation

### 60 minutes per issue

Consultation with certified fraud resolution specialist by phone.

- Identity theft breaches
- Identity restoration
- Preventative steps such as counseling to avoid future identity theft losses

Free emergency response kit

As an employer sponsored benefit, employees cannot use the services to pursue legal action against the employer, therefore, work-related matters are not covered

# Online Will



- **Create your own will online for free by using your legal benefit.** The online will program enables you to select from several will formats and choose the one that applies to your personal situation and needs. Wills are state-specific. Online will preparation is private and secure.
- Or call for a Will Kit to execute the will in an Attorney's office using the free consultation.

## How to access the online will:

1

Visit the Legal services section on your member website

2

Select Legal forms and documents then click on Personal Documents

3

Choose your state and scroll down to the create a will section. Select the document you would like and select start now to get started

4

You will need to create a personal login to edit and save your document.

# Daily life assistance by phone

**We offer unlimited worklife support and referral services. We can help you juggle everyday needs and free up your time, so you can focus on what's most meaningful to you.**

- **Child care-** daycare, in-home care, before/after school care, sick care, summer camps, adoption resources
- **Elder care 65+-** transportation, aides/companions, senior living, meals, recreation, adult daycare, hospice, Medicare
- **Education-** school resources, special needs, autism resources
- **Convenience services-** plumbing, automotive, appliance/electrical, realtor, landscaping, cleaning, entertainment, dining, pet care
- **Caregiver support-** support groups, counseling, respite options, educational materials
- **Emergency/basic needs-** temporary housing/shelters, food programs/ food pantries, emergency financial assistance, disaster management, heat and utility assistance





# Resources for Living member website



## Mental wellbeing

- Depression & anxiety
- Stress
- Trauma, grief & loss
- Self-improvement
- Suicide prevention
- Mental health conditions & awareness
- Counseling options



## Life & relationships

- Relationships
- Aging adults
- Parenting
- Balancing work and life
- Staying healthy
- Crisis support
- Worklife, legal and financial services



## Workplace

- Dealing with tough situations
- Diversity & inclusion
- Handling change
- Helping your coworkers
- Navigating your career
- Leader's Center



## Resources

- Monthly features
- Think Tank podcast
- Webinars
- Video center
- Find support
- Check in on you

# Mind Companion Self-care

Support where and when you need it.

A digital self-paced support program with access to evidence-based support tools to help you on your path to better mental well-being.

## Programs

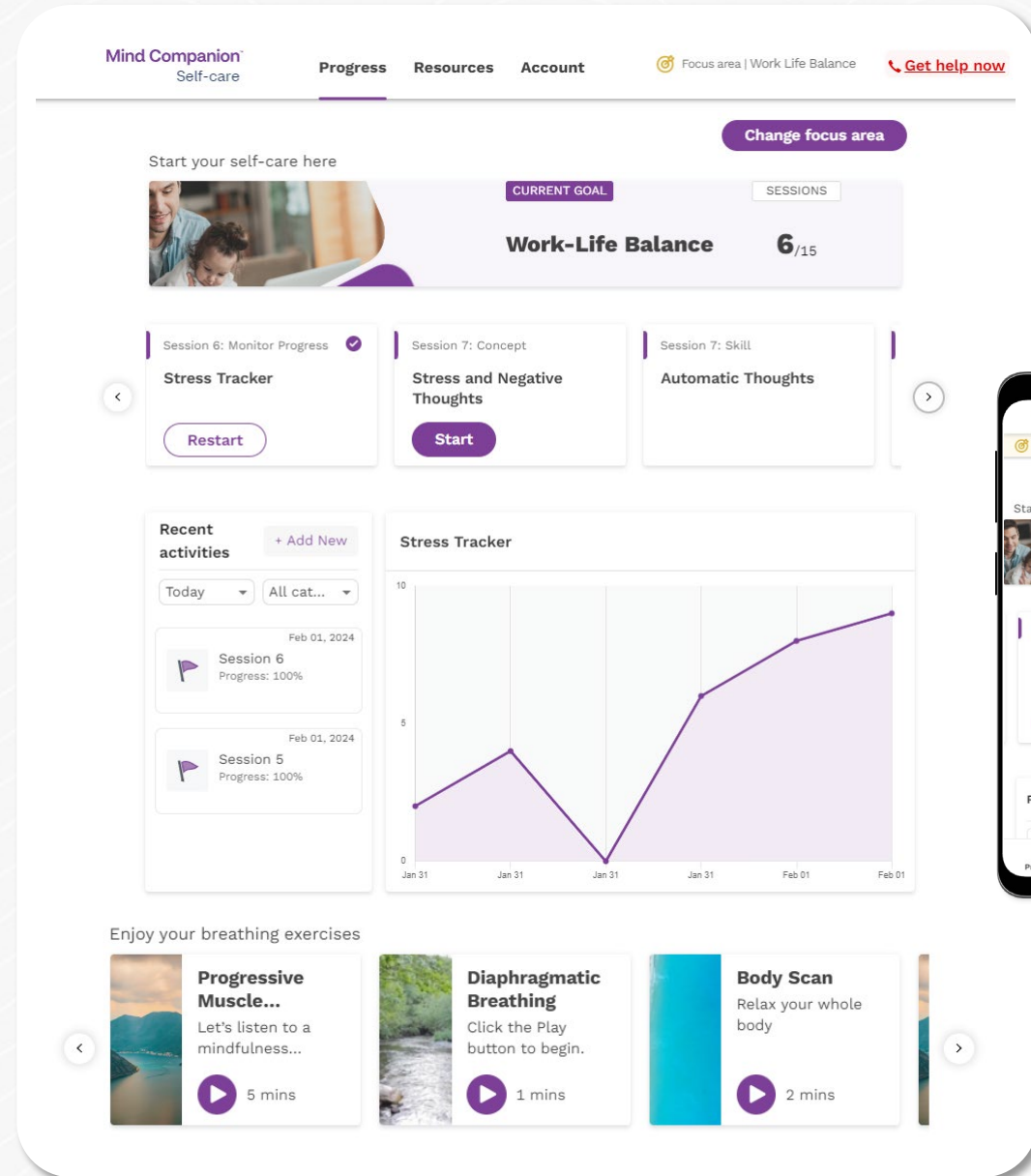


- Anxiety
- Depression
- Stress
- Anger
- Substance use
- Work-life balance
- Relationships
- Sleep
- Conflicts at work
- Work productivity

## Types of therapy



- Cognitive Behavioral Therapy (CBT)
- Mindfulness
- Positive Psychology



# What happens when you call?

## Consultation

How may we assist you?



### Urgent

In-the-moment support with a counselor



### Routine

Discuss needs, review resources, help finding counselor



### Counseling

Meet with a counselor in person, by phone or televideo



### Worklife support

Resources for life's day-to-day needs



### Legal and financial

Assistance from legal and financial experts

**Thank you**



**Resources *for* Living<sup>®</sup>**