

# Employee orientation

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## Peace of mind with

*Resources for Living*



# What is Resources For Living

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- A starting place for addressing personal issues
- A cost-free benefit provided to you by your employer
- Services are confidential and are not shared with your employer.
- Exceptions to confidentiality may be required by law. This may include:
  - If a caller reports any knowledge or suspicion of child or elder abuse or neglect
  - If a caller threatens to harm himself or others
  - When the caller signs a release of information granting permission to divulge certain information





## Eligibility

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- Who's eligible starting with your first day of hire?
  - You
  - Anyone in your household regardless of their relationship to you, age or health insurance coverage
  - Adult children living on their own up to age 26



## Some reasons to consider calling

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- **Emotional** – stress, grief, depression, anger management, feeling suicidal
- **Relationship** – marital/significant other, family, parent/child
- **Self improvement** –self esteem/ personal development, goal setting
- **Personal** – health/wellness, grief and loss, work/life balance, trauma/post-traumatic stress
- **Addiction** – alcohol, drug, gambling, nicotine
- **Workplace** – career, job issues, conflict

# Counseling benefit

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## Meet with a masters level counselor through our national network

- Meet face-to-face or via televideo
- Access in-the-moment phone support and urgent counseling over the phone any time you need it
- Receive a designated number of free counseling sessions



# Daily life assistance by phone: providing referrals and resources

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## **Find childcare resources**

- Childcare centers
- Family care homes
- Nannies
- Schools- public, private, elementary, high school, college
- Before and after school programs
- Adoption resources
- Summer camps
- Special needs providers
- Autism resources

## **Find elder (65+) and adult care resources**

- Transportation
- Medicare
- Aides, companions
- Senior living options
- Emergency response systems
- Recreation
- Home-delivered meals
- Adult day care
- Community service
- Hospice

## **Caregiver support services**

- Support- referrals to groups and counseling
- Information for caregivers
- Copy of referral packet sent to accommodate family meetings
- Respite – referrals to facilities that accept short-term stays

# Daily life assistance: more reasons to call

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## **Emergency and basic needs**

- Referrals for temporary housing, shelters
- Food programs and pantries
- Emergency financial assistance programs
- Disaster management
- Heat and utility assistance
- Other local programs

## **Convenience services**

- Auto
- Pet care
- Plumbing
- Realtors
- Appliance and electrical
- Dining
- Lawn and landscape
- Entertaining
- Home cleaning

# Legal services

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## **Free 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 or in person. Additional consultation is provided at a reduced rate.

## **Free legal forms and documents online**

Online legal documents include:

- Will
- Advanced directive
- Power of attorney
- Divorce forms
- Estate planning
- Immigration
- Sale of goods and much more

## **Informational articles, guides and tools**

Including:

- Criminal
- Elder and childcare
- Custody
- Personal injury
- Real estate
- Bankruptcy
- Business and more

As an employer-sponsored benefit, employees cannot use the services to pursue legal action against the employer. For that reason, work-related matters aren't covered.



# Financial services

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## **Free 30-minute phone consultation with a financial specialist for each issue you'd like support with**

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

## **Financial checkup**

Complete the online financial checkup to get your personal financial wellbeing score by answering eight financial questions

## **Informational articles, guides and tools**

- Debt and credit
- Retirement
- Mortgage
- Consumer and travel
- Taxes
- Banking and more

# Identity theft resolution and consultation services

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## Free consultation - 60 minutes

- Free phone consultation with a certified fraud resolution specialist for each new issue
- Specialist assists you with identity theft breaches and identity restoration
- Counseling on “preventative steps” to take to avoid future identity theft losses and damages to your credit score and reputation

Free “emergency response kit” provided upon identity breach (sent by e-mail, mail or fax)



# Doing things differently: digital technology

Solutions in every user's pocket that provide access to support, resources and more.



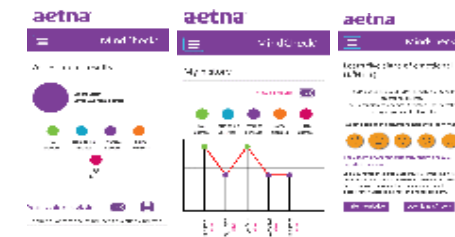
**Resources For Living App**



Online help at your fingertips with the member contact form, mood rater tool and wellbeing articles



**MindCheck**



The award-winning emotional barometer tool, available to anyone with an email address



**myStrength™**



Self-paced support with depression, anxiety, stress, sleep substance misuse and more



**TalkSpace**



Individual counseling with a licensed therapist via smartphone, tablet or desktop

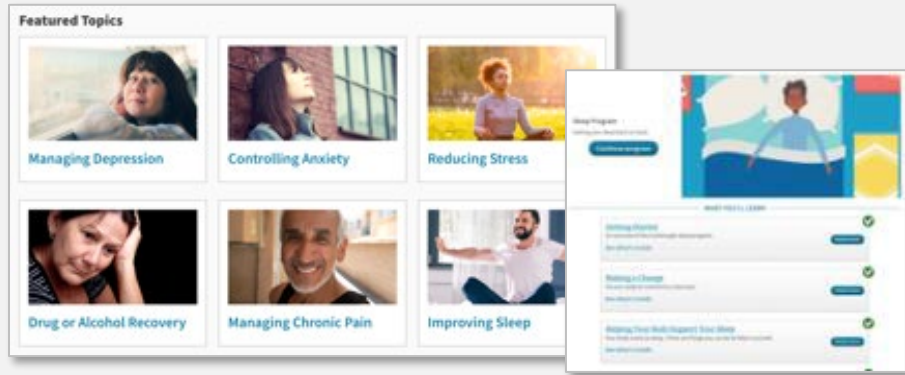


## Online resources

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- **Articles**
- **Podcasts**
- **Webinars**
- **Videos**
- **Manager services**
- **Monthly features and more**

## Interactive self-care programs



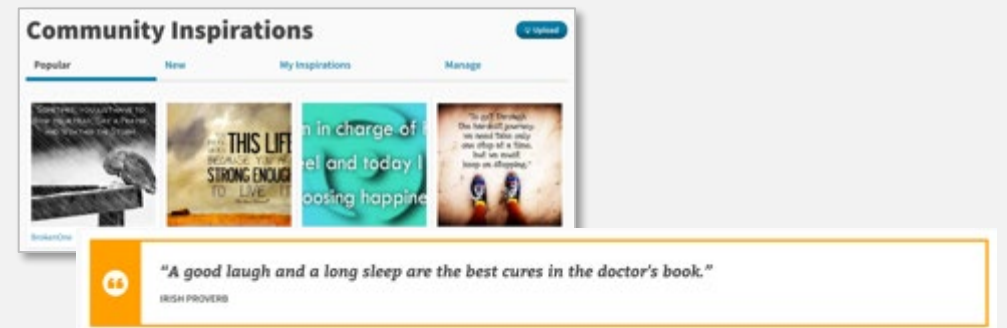
## Daily trackers



## In-the-moment tools



## Community interactions & inspiration



# Using your benefits

# Scenario of how the service helps in a variety of ways

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# Thank you for attending!

All calls are confidential, except as required by law.

Information is believed to be accurate as of the production date;  
however it is subject to change.

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