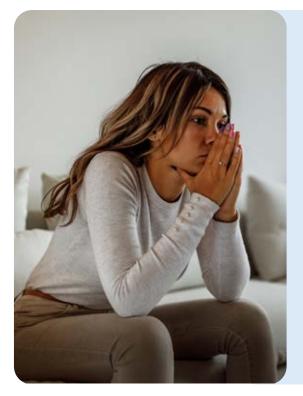
With the 24/7 Counseling and Assistance Services benefit, you have access to counseling sessions via face-to-face or phone with a local licensed provider and/or a phone counseling session with a Masters-level clinician. You can receive up to 3 sessions per incident per year, **at no cost.**

Online Tools and Information

This interactive website provides self-service solutions including a wide array of life management tools to help members with a variety of personal and/or work related issues in a private and convenient manner, including:

- Research articles
- Wellness articles
- Online trainings
- Monthly webinars

Self-search locators for child, academic adult!



Counseling Services

Counseling sessions are available for issues affecting you and your dependents. You may speak with a professional counselor by phone for initial assessment, and receive a referral to see a local counselor for up to 3 sessions at no cost to you, per issue per year, for topics such as:

- Anxiety & Stress
- Depression
- Grief
- Parenting
- Drug / Alcohol Abuse
- Relationship Changes:

Transition /

- » Individual
- » Marital
- » Family

In addition, you have phone and online access to a wide variety of services and resources to assist with life's daily responsibilities. Call our toll-free number to speak with a clinician that will place you with the appropriate contact. This benefit extends to all family members living in your household.

Family Caregiving Services

You can speak to a specialist who will provide referrals and information on a variety of family matters, including:

- Child Care & Parenting:
 - » Prenatal Care
 - » Daycare / Summer Camps
 - » Special Needs
 - » College Preparation
- Elder Care:
 - » Assisted Living
 - » In-home Care
 - » Transportation
 - » Adult Daycare

Legal Services

A 30 minute phone or in-person consultation is available, per issue, to help answer basic legal questions and simplify the process of obtaining legal help. If you choose to retain the attorney, a 25% discount applies to attorney fees. Some common legal concerns include:

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- Adoption
- Estate
 Planning
 - Bankruptcy •
- Immigration
- Child
- Custody
- Divorce

Rights

Real Estate

Criminal

Tenant's

Issues

Mediation

Convenience Services

Program includes complimentary referrals to convenience services which help members make the most of their money and free time, such as:

- Repairs
- Destination Guides
- Moving and Relocation Services
- Dining
- Cleaning Services
- Personal Shopping
- Car and Hotel Reservations
- Gift Recommendations
- Sightseeing Tours

Financial Services

A telephonic consultation with a qualified financial consultant is available, per issue, to assist with a variety of financial concerns such as:

- Bankruptcy Alternatives
- Education Funding
- Budgeting and Cash Flow
- Income Taxes
- Credit Issues
- Mortgages
- Identity Theft
- Retirement Planning

This is not an insurance