It’s tough dealing with new challenges—finding child or elder care, bankruptcy, substance abuse—especially on your own. The stress alone can affect your work, health and family.

Those are the times you want someone in your corner who will listen, offer advice, and point you in the right direction for additional help. That’s what you get from DisabilityGuidance® (provided by ComPsych®), an Employee Assistance Program that offers support when you need it most from highly trained professionals.

**Program Highlights**

Once enrolled in a Symetra Disability Income Insurance policy, you and your family members are entitled to up to five confidential sessions with a counselor, financial planner or attorney each calendar year. Consultations may be face-to-face or over the phone, and an additional five sessions are available if you have a covered disability claim. Sessions are per household and may be divided among the three types of professionals. These services are included in the overall premium. Using this program does not require any additional payment.

**Confidential Counseling**

Trained counselors with a master’s or doctoral degree are just a phone call away. They’ll listen to your concerns and quickly refer you to appropriate resources and providers for:

- Stress, anxiety and depression
- Credit card or loan problems
- Difficulties with children
- Job pressures
- Grief and loss
- Substance abuse

**Financial Information and Resources**

Contact a certified public accountant or certified financial planner for financial advice, including:

- Getting out of debt
- Credit card or loan problems
- Tax questions
- Retirement planning
- Estate planning
- Saving for college

**Legal Support**

Talk to an attorney by phone about:

- Divorce and family law
- Debt and bankruptcy
- Landlord/tenant issues
- Real estate transactions
- Civil and criminal actions
- Contracts

**Need legal representation?**

A general guidance consultant will refer you to a qualified attorney in your area for a free 30-minute consultation. Any customary legal fees after that are reduced by 25%.
Online Resources and Tools
Get trusted, professional information online about relationships, work, school, children, wellness, legal or financial issues, and more. Turn to GuidanceResources® online for:

- Timely articles, tutorials, videos and self-assessments.
- “Ask the Expert” personal responses to your questions.
- Searches for child or elder care, attorneys, and financial planners.

First-time users follow these simple steps:

1. Go to www.guidanceresources.com and click on “I am a first-time user”.
2. Provide your Organization Web ID: SYMETRA
3. Create a User Name and Password. Your User Name must be at least six characters with no spaces.
4. The Security Question provides prompts if you forget your password.
5. Federal law requires that you select the button verifying that you’re at least 13 years old.
6. Be sure to read the Terms of Use and click the check box to agree to the terms. When finished, click Submit.

Future log-ins
Simply enter your User Name and Password. Then click on the Login button.

If you have problems registering or logging in, send an email to memberservices@compsych.com or call 1-877-595-5289.

Planning for the future.
A will is one of the most important legal documents you can have. It ensures that you’ll control who gets your property, who will be your children’s guardian, and who manages your estate when you die.

EstateGuidance® makes it easy to create a simple, customized, legally binding will by offering:
- Convenient online access to will documentation tools.
- Simple-to-follow instructions guiding you through the will-generation process.
- Online support from licensed attorneys, if needed.
- The ability to make revisions at no cost for up to 30 days.

A simple will costs just $14.99; printing and mailing services are also available for $9.99.

You also have the option to create a credit shelter trust for an additional fee.