

Resources for Living[®]

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



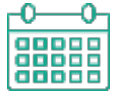
Talkspace Chat Therapy

You also have a chat therapy option with a licensed therapist

- Send text, audio or video messages to a therapist who will reply daily by text message up to 5 days a week
- One week of chat therapy is equal to one counseling session
- Schedule real-time 30-minute televideo sessions
- Our chat therapy network includes thousands of licensed, verified and insured therapists, representing diverse backgrounds and specialties



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

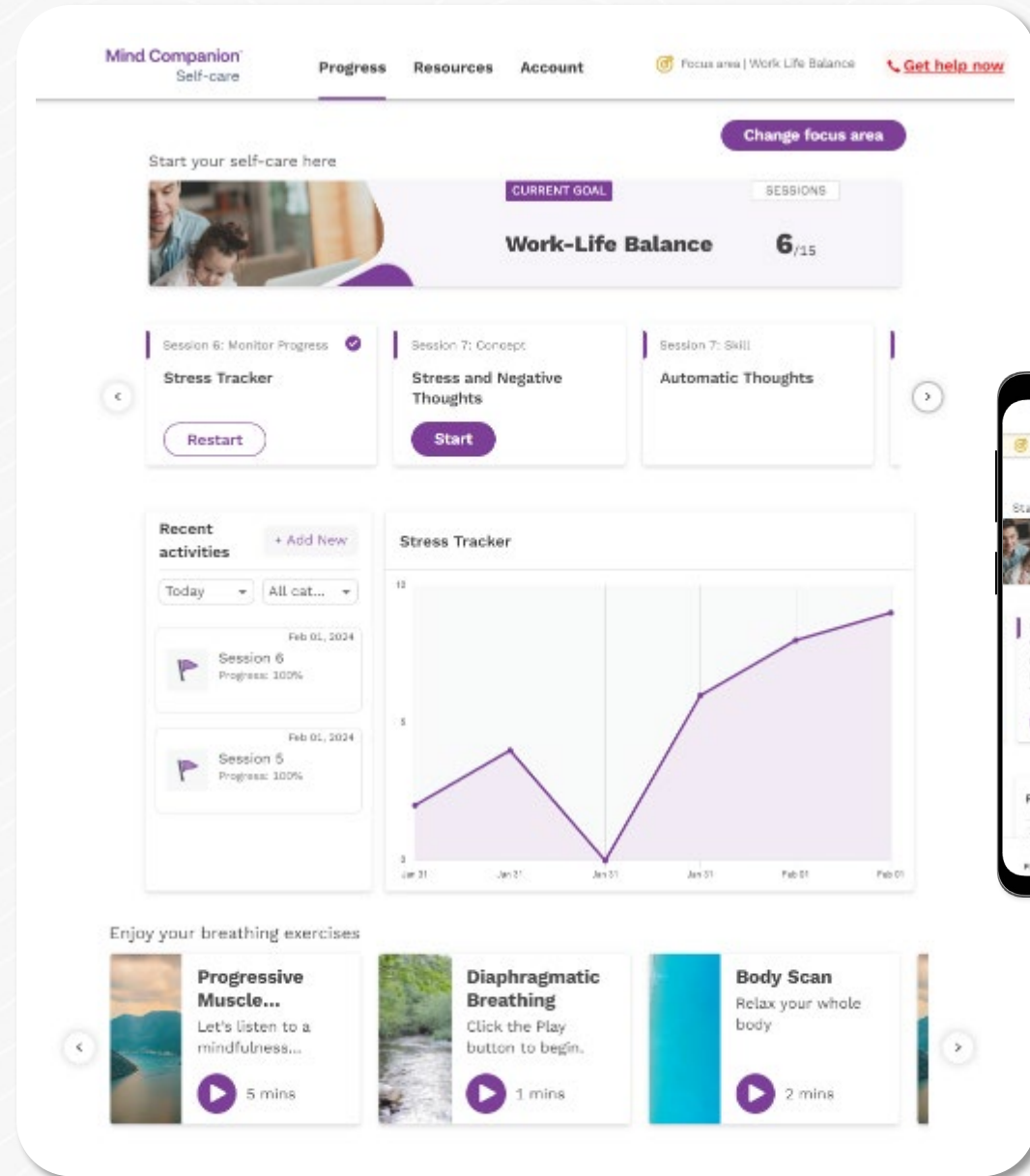


- Anxiety
- Depression
- Stress
- Anger
- Substance use
- Work-life balance
- Relationships
- Sleep
- Conflicts at work
- Work productivity

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[®]

