



Employee Assistance Program

Program requirements and verification form must be met and submitted to employee wellness by
October 31, 2020

*Caregivers and spouses covered under the INTEGRIS Medical Plan are eligible for the 2020 cash incentive

Your Guidance Resources program offers someone to talk to and resources to consult whenever and wherever you need them. Call: 844.729.5171 or TDD: 800.697.0353. Your toll-free number gives you direct, 24/7 access to a Guidance consultant, who will answer your questions and, if needed, refer you to a counselor or other resources.

Or log on to connect directly with a Guidance consultant about your issue or to consult articles, podcasts, videos and other helpful tools. Online: www.guidanceresources.com Web ID: INTEGRIS (option to type this ID in is under the 'register' tab on homepage)

Program Guidelines:

- Complete 7 of the 8 in-person sessions (please note: online resources are not an approved lifestyle management and maintenance program)
- Submit a verification form upon completing visits.

Receive up to 8 **free** sessions for each topic. Topics include:

- Confidential, emotional support
 - Anxiety, depression, stress
 - Grief, loss and life adjustments
 - Relationship/Marital conflicts
- Work-life solutions
 - Finding child and elder care
 - Hiring moving movers or home repair contractors
 - Planning events, locating pet care
- Legal guidance
 - Divorce, adoption, family law, wills, trusts and more
 - Need representation? Get a free 30 minute consultation and a 25 percent reduction in fees
- Financial resources
 - Retirement planning, taxes
 - Relocation, mortgage, insurance
 - Budgeting, debt, bankruptcy, and more
- On-line Support

Program is at no cost.