

An Introduction to Well-Being Solutions



Igniting Human

Potential Worldwide

compsych.com



Agenda

1. Why Well-Being Solutions?
2. ComPsych Overview
3. Confidentiality
4. Program Offerings & Resources
5. GuidanceResources® Experience
6. Questions

Why Well-Being Solutions?

Did You Know?

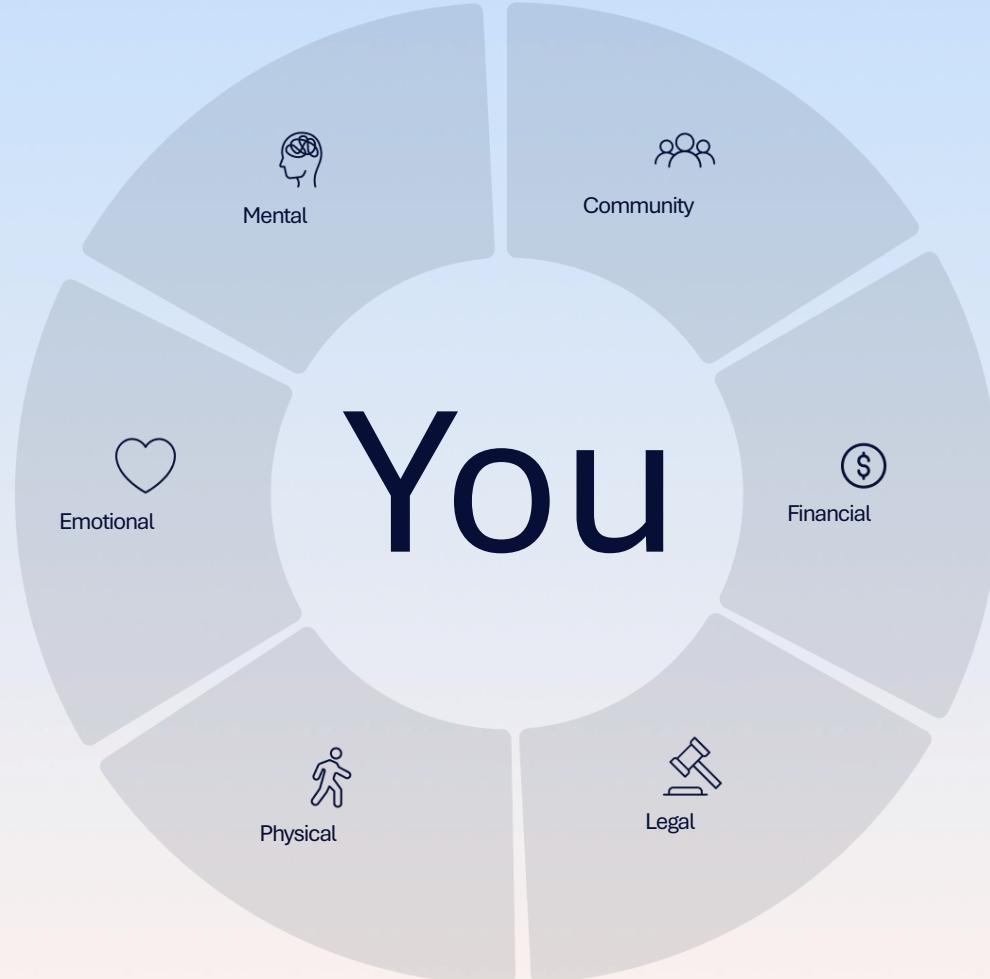
About **1 in 4 adults** suffers from a diagnosable mental disorder in a given year

And...

Almost **6 in 10 people** with mental illness get no treatment or medication.



What's Well-Being Solutions?



Holistic Well-Being Support You Can Trust

- ✓ Fully integrated counseling, work-life, legal, financial and well-being solution
- ✓ Your information is completely confidential
- ✓ Participation is private and voluntary
- ✓ Services are delivered by licensed professionals from outside your organization

Who We Are: ComPsych

Combining the best in technology with
unmatched human expertise

40%
of Fortune 500

40+
years of experience

200
countries served

160M+
lives supported

The Leader in Behavioral Health

Trusted brand, demonstrated performance and scalable operations.

On-Demand, Clinical-First Approach

Supports the continuum of mental health needs from coaching to crisis.

Care to Address the Whole Person

Counseling, work-life, legal, wellness, financial; delivered holistically.

Meeting Individuals “Where They Are”

Self-Guided to High Touch- more than an app with over 100k+ counselors for in-person and telehealth preferences.

Proactive Organizational Partner

Enterprise support that complements individual care, crisis support, leadership programming, and business-specific priorities.

Meaningful Integration

“Hub” for all organizational mental health initiatives and services.

Global Capability

Provide services in 200 countries worldwide; 10 offices with staff on four continents.

Program Offering and Resources

Igniting Human
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State of New Mexico Program Model

24/7 multilingual access
to master's and doctoral-level professionals.

Short-term counseling support
Up to 5 sessions per person, per presenting issue, per year

Integrated work-life services, including
FamilySource®
LegalConnect®
FinancialConnect®

GuidanceResources® Online / GuidanceNow App
Online intake and online scheduling, video intake, wellbeing assessment, and personalized care plan creation for users



Confidential Counseling/Therapy



- **Short-Term Counseling**
 - Up to 5-sessions - per person, per presenting issue, per year
 - Access to highly-experienced master's and doctoral-level mental health counselors
 - Established, clinically accepted treatment options, including evidence-based treatments and a wide range of specialties
 - Solution-focused therapy across full spectrum of emotional health issues: anxiety, depression, grief, stress, relationships, etc.
- **Long-term counseling**
 - Referred to insurance; Continuing treatment for long-standing issues

Why GuidanceResources?

Did You Know?

Only 57% of adults in the US are financially literate.

And...

A lack of financial knowledge costs the average American \$1,819 in annual personal finance errors.



Integrated Work-Life Solutions



Work-Life Services



Unlimited Support

- Child care
- Elder care
- Education
- Government programs
- Health/wellness
- Personal convenience
- Moving/relocation

Customized referral packets; full research and availability checks

Digital content and training resources

Legal Services



Unlimited consultation with in-house attorneys

- Family law
- ID theft
- Custody
- Real estate
- Contracts
- Tax questions

Local referrals

- In-person consultation
- Discounted legal fees

Digital content and training resources

Financial Services



Unlimited consultation with in-house financial experts

- Budgeting
- Debt
- Credit
- Tax issues
- Retirement planning
- Real estate
- Estate planning
- Saving for college

Digital content and training resources

Work-Life Services in Action

Grants or scholarships for prep school

Utility Assistance and food pantries

Online SQL coding classes

Pick-up service for furniture donation

Social activities for Christian 55+ singles

Mini-golf vacations that include senior special rates

Mariachi band for a wedding

Local acupuncturist and Reiki practitioners

Private investigator with IT expertise who can help with online harassment and fraudulent social media accounts

Local pet chiropractor for older rescue dog with arthritis

Beachside home in the Hamptons with a pool, access to bike trails, and vegetarian-friendly restaurants

Service to move mobile home in rural Louisiana

Value of Clinical and Work-Life Services

Holistic and Unlimited Support For All Life's Needs

90%

Of users see clinical improvement¹

9.6 hrs

Average time saved/work-life case

\$19.99 - \$39.99/month/person

Is the cost comparable live legal services alone if obtained on the open market³

Clinical Support & Counseling

24/7/365 clinical support, assessment and referral with x sessions of counseling

FamilySource[®]

Support for child care, elder care, moving and everything in between

LegalConnect[®]

Support from in-house attorneys on family law, real estate & more

FinancialConnect[®]

Support from certified financial experts on budgeting, taxes, debt & more

ComPsych HuddlesSM



Key Benefits:

- Prevention/low acuity focused
- Low barrier entry point
- Digital solution
- Provides social support
- Easy to add new group topics

Single session online groups on various wellness topics

- Mood Management
- Self-care & Resiliency
- Everyday Mindfulness
- Relaxation Techniques
- Improving Sleep
- Nutrition 101
- Move Your Way

Easily accessible through the GRO Home Page

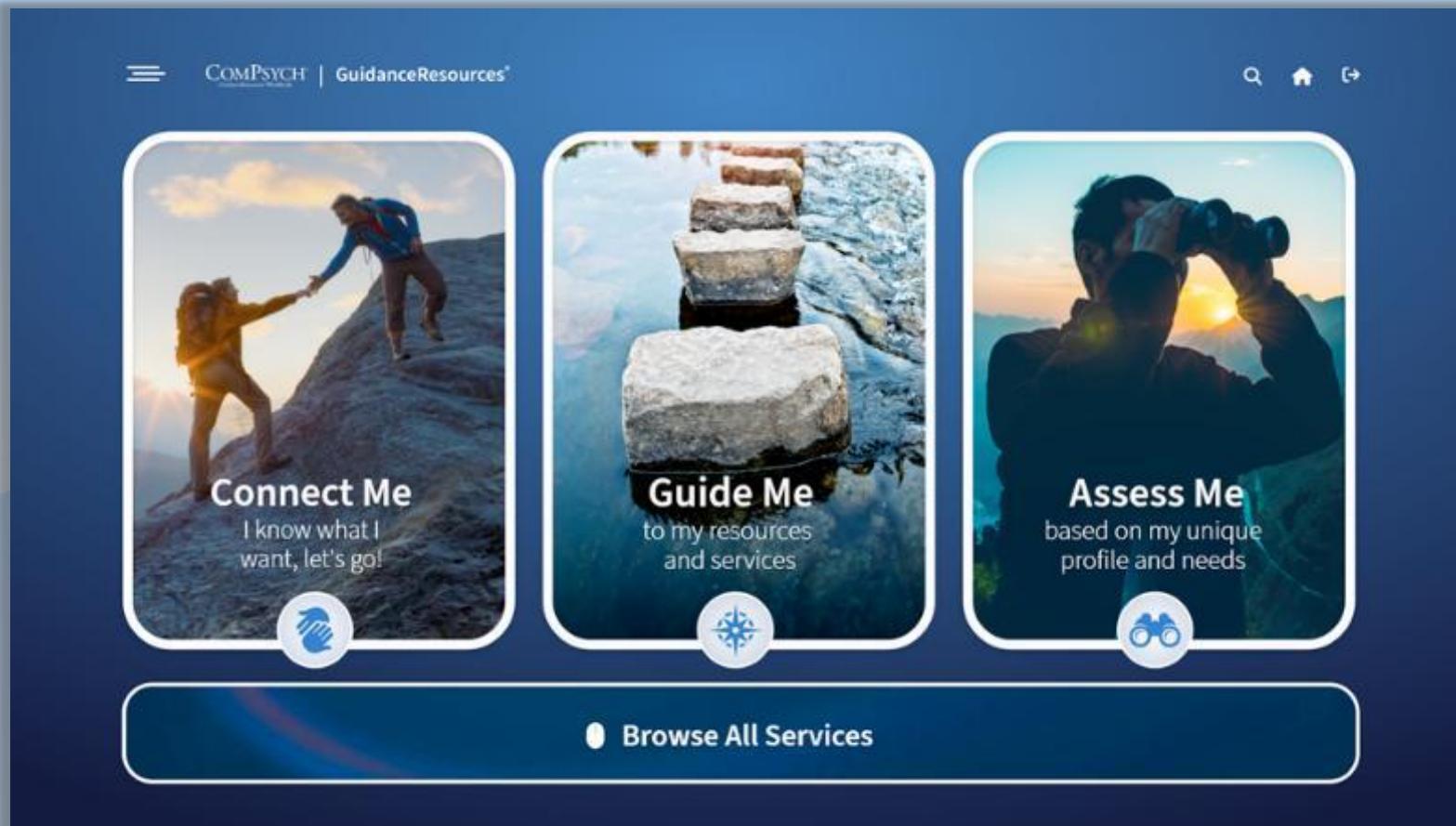
Available to all members

Online self-registration

Small, interactive sessions (registration capped)

Facilitated by ComPsych counselors and coaches

Well-Being Solutions Online Journey



24-hour access to localized resources in multiple languages

Digital intake and referral for counseling and work-life needs

Click to chat or send message to a master's-level clinician

On-demand training modules available anytime

Lookup local child/ elder care, attorneys, financial experts

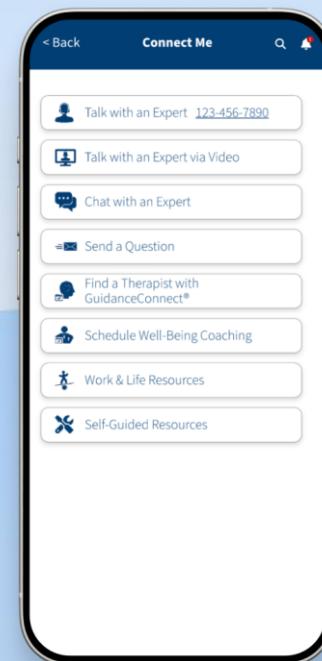
Discounts through partners for commonly used services

GuidanceResources® Online Journey

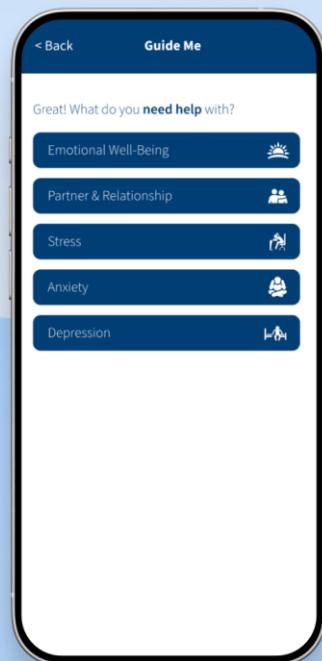
Continues Seamlessly on Mobile



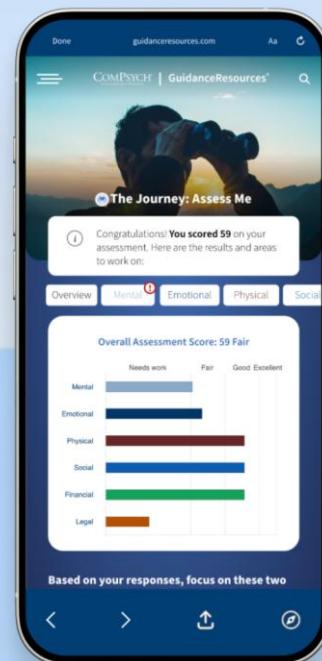
Journey Options



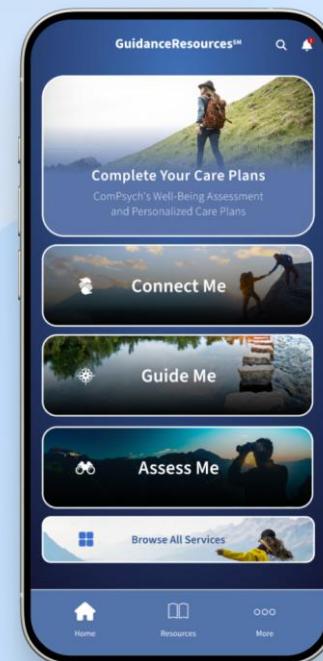
Connect Me



Guide Me



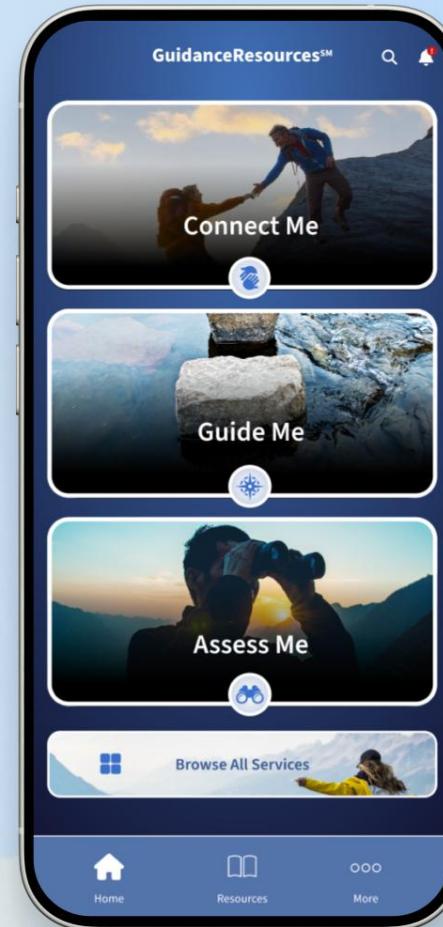
Assess Me



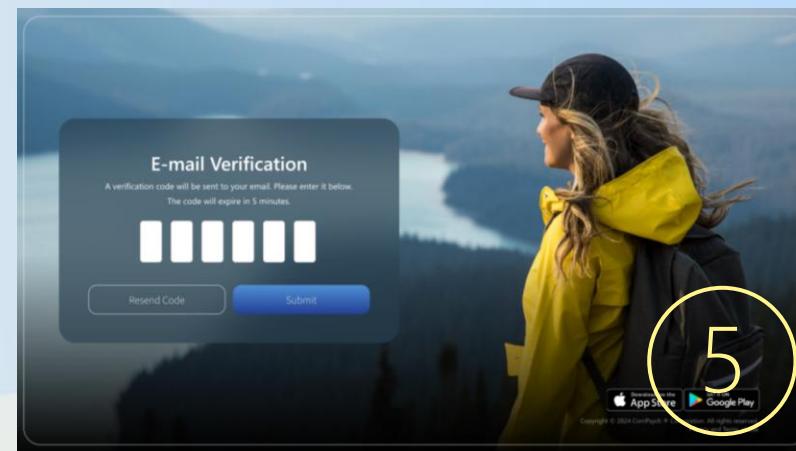
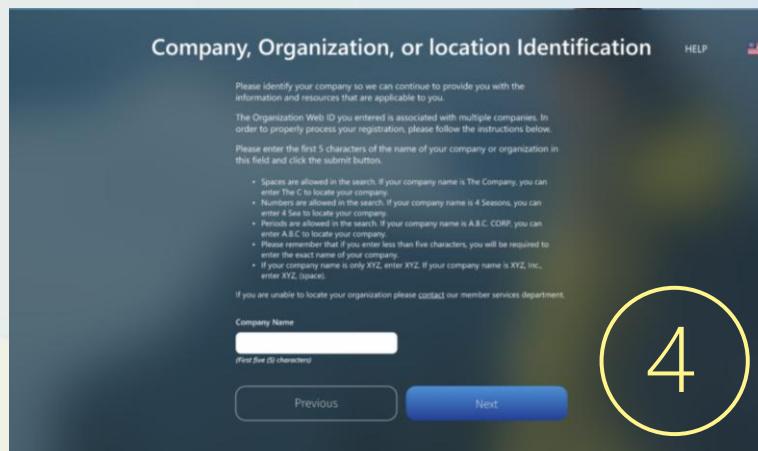
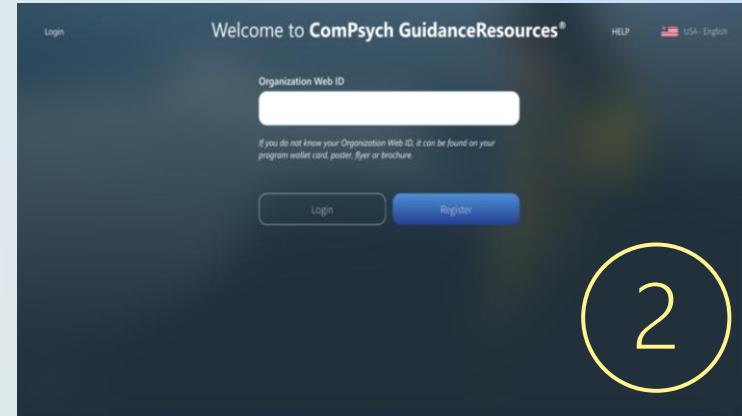
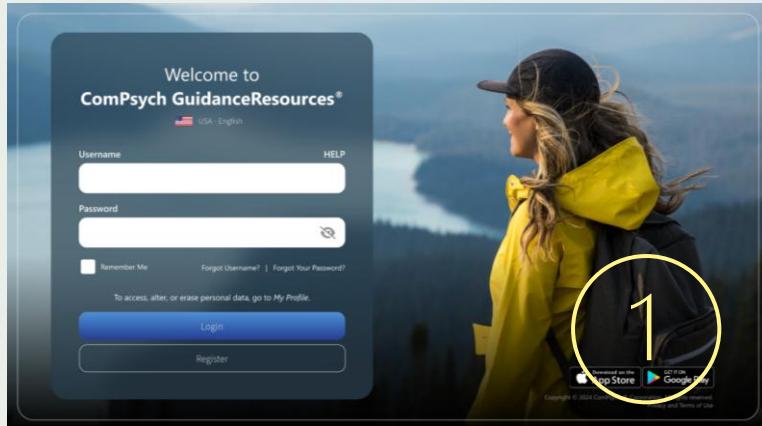
Returning User

Program Access

- Call us anytime for solutions: 833-515-0771
- Go Online: GuidanceResources.com
- Company Web ID: SONMEAP
- Download GuidanceNow App



Registration: GuidanceResources.com



The GuidanceResources Experience

Meeting Individuals “Where They Are” – Self-Guided to High-Touch



Holistic, Comprehensive and Personalized

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Holistic, Comprehensive and Personalized



What Real Users Say

“I’m so thankful we had this service available because I honestly think it saved my life”

“You make it easy to get the mental and financial help I need!”

“Thank you for your insights, compassionate ear, and the referrals. I feel more informed and confident now about what I need to do in court. I’m so glad YOU exist!”

Everyone's Journey Is Different.

We're here to help you on yours.

Available 24/7

Call: **833.515.0771** | TRS: Dial 711

Online: **guidanceresources.com**

Your company web ID: **SONMEAP**



Frequently Asked Questions

Q: Do I need to enroll?

A: No. You are enrolled automatically as an active employee.

Q: How much does it cost?

A: It is a free benefit.

Q: Who can use the program?

A: All active employees and their household family members. Children over the age of 13 can request services themselves. For children under the age of 13, parent/guardian must call in to assist in arranging services on behalf of the child.

Q: How do I access the program?

A: Call 833-515-0771 or visit guidanceresources.com

Q: When is it available?

A: 24/7, 365 days a year.

Q: Are services confidential?

A: Yes, the EAP is strictly confidential. No information about your participation in the program is provided to your employer.