

Employee Assistance & Wellness Support.

Call (800) 344-9752 or visit online at [guidanceresources.com](https://www.guidanceresources.com); Web ID: NYLGBS



Access to 24/7 telephonic support

Speak with dedicated behavioral specialists on work-life balance needs



Three face-to-face counseling sessions

Receive 3 sessions per issue, per year, for you and your dependents



A range of online tools and resources

Information on family, caregiving, pet care, aging, grief, working smarter, etc.



Five well-being coaching sessions

Connect with a certified coach on your well-being for five sessions per year



Educational seminars

Helpful resources provided in the form of articles, podcasts, videos and on-demand trainings

These programs are NOT insurance and do not provide reimbursement for financial losses. Some restrictions may apply. These services are provided exclusively by ComPsych® Corporation, effective 1.1.2023. Customers are required to pay the entire discounted charge for any discounted products or services available through these programs. Some services are available at the option of the employer for an additional cost. Programs are provided through third party vendors who are solely responsible for their products and services. Full terms, conditions and exclusions are contained in the applicable client program description and are subject to change. Program availability may vary by plan type and location and are not available where prohibited by law. These programs are not available under policies issued by New York Life Group Insurance Company of NY. The partnership is between New York Life Insurance Company and ComPsych® Corporation. ComPsych® is not affiliated with New York Life Insurance Company or any of its affiliates.



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