## 8 Guardian · ⇒uprisehealth

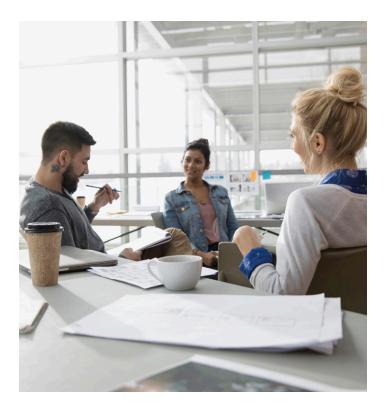
# Employee assistance program overview

#### **Employee Assistance Program (EAP) consultative services**

- Face-to-face and virtual counseling up to 3 visits per employee, per household member, per issue, per year
- Bereavement support available through telephonic or face-to-face sessions; online resources available on EAP website
- Online modules and coaching learn, develop, and practice new skills to improve mental fitness; includes a well-being check, online modules selected specifically for you, and up to 3 coaching sessions
- EAP website resources includes webinars, podcasts, articles, videos, FAQs, etc.; additionally, individuals can chat online with an EAP consultant
- College planning resources expert assistance in finding the right college that fits your child academically, socially, and financially, provided by College Planning USA

#### Work-life assistance and resources

- Work-life services unlimited 24/7 access to work-life specialists (subject matter experts) in the areas of family and care giving, health and wellness, emotional well-being, daily living, balancing work and life responsibilities
- Child and elder care referral unlimited telephonic consultation with a work-life specialist (part of work-life services)
- Employee discounts access to discounts on a large number of products and services, from gym memberships to dental, vision and pharmacy items, entertainment, restaurants, computers, cars, and much more
- Medical bill negotiation tools information and guidance on negotiating medical bills



#### worklife.uprisehealth.com

Access code: worklife Phone: 1-800-386-7055

24 hour crisis help available. Regular office hours: Monday through Friday from 6am to 5pm PST.

#### Legal/financial assistance and resources\*

- Legal consultation unlimited telephonic support and free initial 30-minute face-to-face consultation with an attorney, with a 25% discount on attorney services thereafter; online legal forms; extensive online law library
- **Financial consultation** unlimited telephonic support for financial problems or planning needs; extensive online inancial library and calculators
- ID theft free consultation with a trained fraud resolution specialist who will assist with ID theft resolution and education; ID theft educational materials available online
- Will preparation online self-service documents available on EAP website; discounted estate planning package options available includes: \$100 attorney assisted will package, \$179 couples will package, \$649 individual trust package, and \$999 couples trust package\*\*
- Tax consultation tax questions only can be answered as part of the financial consultation offering
- Online self-service legal documents examples include, but are not limited to, living trust, will, power of attorney, and deeds

#### Resources for managers

- Introductory employee orientation complimentary webinars with on-site orientation available for additional hourly fees
- **Supervisor/employee training** complimentary webinars with on-site orientation available for additional hourly fees
- Critical incidence response services \$280 per hour, per counselor; no additional fee for travel time or travel expenses
- Supervisor/manager telephone consultation unlimited telephonic support
- Employee EAP referrals managers or supervisor can refer an employee directly at any time
- Utilization reports (to employer) online access to self-service reporting
- **EAP promotional materials** flyers, posters, short video clips, and newsletters provided

### Contact your Guardian sales consultant for more information.

The Guardian Life Insurance Company of America guardianlife.com

New York, NY 6909968.2 (7/27)  $\hbox{$^*$Legal/financial assistance and resources services are not available in the state of New York.}$ 

\*\*Package cost paid by the employee.

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