



# The resources you need to meet life's challenges.

Life has its share of ups and downs — and sometimes you may need a little guidance through the “downs.” *EmployeeConnect*<sup>SM</sup> services included with your long-term disability insurance offer an array of confidential services to help you and your loved ones meet the challenges that life, work, and relationships can bring.

## Your *EmployeeConnect*<sup>SM</sup> benefits

### Unlimited 24/7 assistance

You can access the following services anytime, online or with a toll-free call:

- Information, resources, and referrals on family matters, such as child and elder care; kennels and pet care; event and vacation planning; moving and relocation; car buying; college planning; and more
- Legal information and referrals for situations requiring expertise in family law, estate planning, landlord/tenant relations, consumer and civil law, and more
- Guidance with financial matters, including household budgeting, and short- and long-term planning

### In-person guidance

Some matters are best resolved by meeting with a professional in person. With *EmployeeConnect*, you get:

- In-person help for short-term issues (up to four\* sessions with a counselor per person, per issue, per year)
- In-person consultations with network lawyers, including one free 30-minute in-person consultation per legal issue, and subsequent meetings at a reduced fee

### Online resources

*EmployeeConnect* offers a wide range of information and resources that you can research and access on your own just by visiting [GuidanceResources.com](http://GuidanceResources.com). You'll find:

- Articles and tutorials
- Streaming videos
- Interactive tools — including financial calculators, budgeting spreadsheets, and a language translator

## *EmployeeConnect*<sup>SM</sup>

### Employee Assistance Program Services

Confidential help 24 hours a day, 7 days a week for employees and family members



Visit [www.Lincoln4Benefits.com](http://www.Lincoln4Benefits.com) or [www.GuidanceResources.com](http://www.GuidanceResources.com) (user name = LFGsupport; password = LFGsupport1). Or talk with a specialist at 888-628-4824.

- ▶ Family
- ▶ Parenting
- ▶ Addictions
- ▶ Emotional
- ▶ Legal
- ▶ Financial
- ▶ Relationships
- ▶ Stress

## This card is your connection to real support for real-life issues.

*Cut out and keep it with you at all times.*

\*In California, up to three sessions in six months, starting with initial contact by employee.

Insurance products issued by:  
The Lincoln National Life Insurance Company  
Lincoln Life & Annuity Company of New York

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## ***EmployeeConnect*<sup>SM</sup> counselors are experienced and credentialed**

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When you call our toll-free line, you'll talk to an experienced professional who will provide counseling, work-life advice, and referrals. All counselors hold master's degrees, with broad-based clinical skills and at least three years of experience in counseling on a variety of issues. For face-to-face meetings, you will be referred to a fully credentialed, state-licensed clinician.

## **You'll receive a customized information packet for each of the work-life services you use.**

To take advantage of the *EmployeeConnect*<sup>SM</sup> program, or for more information:

Visit [www.GuidanceResources.com](http://www.GuidanceResources.com) or call 888-628-4824.

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