

Anytime support

Resources For LivingSM



Resources For Living is an employer sponsored program that's available at no cost to you and all members of your household. That includes children living away from home up to age 26.

Services are confidential and available 24 hours a day, 7 days a week.

Emotional well-being support



- Relationship support
- Stress management
- Work/life balance
- Family issues
- Grief and loss
- Depression
- Anxiety
- Personal development
- Substance misuse and more

Well-being partner



Well-being partners act as a single point of contact for you. They can act as guides to help you give your emotional health the high priority it deserves.

Connect with a well-being partner by phone or online with live chat. Get personalized help with:

- **Guidance.** Expert help navigating your Resources For Living and behavioral health benefits
- **Provider selection.** Access quality in-network care to get the most out of your plan.
- **Caregiver support.** Connect with support groups and services to take care of your family's emotional needs.

Talkspace



Work with a counselor anytime and just about anywhere. With Talkspace, you can share text messages with a counselor, who will respond daily up to five days a week. Without making an appointment or driving to a provider's office, Talkspace can help you.

Daily life assistance



Competing day-to-day needs can make it tough to know where to start. Call us for personalized guidance. We'll help you find resources for:

- Child care, parenting and adoption
- Summer programs for kids
- School and financial aid research
- Care for older adults
- Caregiver support and more

We also offer carekits related to growing families, child care, caregiving and more.

Online resources



Your member website offers a full range of tools and resources to help with emotional well-being, work/life balance and more. You'll find:

- Articles and self-assessments
- Child and adult care provider search tool
- Live and on-demand webinars
- Video resources and more

Discount Center

Find deals on brand name products and services including electronics, entertainment, gifts and flowers, fitness memberships and supplies, travel and more.

myStrength

myStrength offers tools to improve your emotional health and help you overcome depression, anxiety, stress, substance misuse and/or chronic pain.

Legal services



You can get a free 30-minute consultation with a participating attorney for each new legal topic such as:

- General
- Family
- Criminal law
- Elder law and estate planning
- Divorce
- Wills and other document preparation
- Real estate transactions
- Mediation services

If you opt for services beyond the initial consultation you can get a 25 percent discount.

*Services must be related to the employee and eligible household members. Work-related issues are not covered. Discount does not include flat legal fees, contingency fees and plan mediator services.

Financial services



Simply call for a free 30-minute consultation for each new financial topic related to:

- Budgeting
- Retirement or other financial planning
- Mortgages and refinancing
- Credit and debt issues
- College funding
- Tax and IRS questions and preparation

You can also get a 25 percent discount on tax preparation services.

*Services must be for financial matters related to the employee and eligible household members.

Other services



Identity theft services — One hour fraud resolution phone consultation or coaching about ID theft prevention and credit restoration. Services include a free emergency kit for victims.

The EAP is administered by Resources For Living, LLC.

All EAP calls are confidential, except as required by law. EAP instructors, educators and participating providers are independent contractors and are not agents of Resources For Living. Provider participation may change without notice.