



You're In Charge®

Employee assistance

Chart your course —  
we're here to help

• *EmployeeConnect Plus*<sup>SM</sup>

Employee Guide

GROUP BENEFITS

The Lincoln National Life Insurance Company  
Lincoln Life & Annuity Company of New York

GP-EAP+-SJM001

*EmployeeConnect Plus*<sup>SM</sup> is available 24/7 by calling toll-free 855-327-4463 or by visiting us online at [www.GuidanceResources.com](http://www.GuidanceResources.com) (Web ID = Lincoln)

## Real-life support

You and your family are eligible to participate in *EmployeeConnect Plus* services because your employer has selected a group insurance program from Lincoln Financial Group. The *EmployeeConnect Plus* program provides assistance with personal and work-related concerns. *EmployeeConnect Plus* counselors with master's degrees are available 24/7. They can help you with issues such as depression, marital or family difficulties; addictions; legal and financial problems; or work/life issues such as locating child care or elder care, finding movers, locating kennels and pet care, and vacation planning.

## Easy to use

- Call toll-free 855-327-4463, or visit us online at [www.GuidanceResources.com](http://www.GuidanceResources.com) (Web ID = Lincoln)
- Unlimited phone access to legal, financial and work-life services
- In-person help with short-term issues; up to six\* sessions per person, per issue, per year
- A 25% discount on in-person consultations with network lawyers

## Confidential services

The information you discuss with an *EmployeeConnect Plus* counselor is kept confidential in accordance with federal and state laws. Such information is not shared with Lincoln Financial Group for any reason and may not be released to your employer without your written consent.

## Tailored referrals and resources

Your *EmployeeConnect Plus*<sup>SM</sup> counselor will help you assess your concerns and identify how to help. This may include meeting with a counselor for face-to-face visits. *EmployeeConnect Plus* sessions are designed for short-term problem resolution. Your *EmployeeConnect Plus* counselor can also refer you to child-care and elder-care resources with confirmed vacancies meeting your specifications; onsite or ComPsych® staff attorneys for legal questions; financial counselors for debt management; and community resources for self-help groups.

## *EmployeeConnect Plus* provides comprehensive assistance

- Depression
- Stress management/ anxiety
- Marital or family conflict
- Relationship problems
- Financial concerns
- Legal questions
- Addictions

## Online resources

You have access to [www.GuidanceResources.com](http://www.GuidanceResources.com), where you can search an extensive web library of articles, information, assessments, calculators and links. The site is designed to assist you with personal or family concerns and work-life balance, as well as legal and financial matters.

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

### Employee Assistance Program Services

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

**COMPSYCH**<sup>®</sup>  
GuidanceResources® Worldwide

Call 855-327-4463, or visit us online  
at [www.GuidanceResources.com](http://www.GuidanceResources.com)  
(Web ID = Lincoln)

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

## \*Instructions for California residents

For client employees located in the state of California, a portion of the per-employee per-month fee covers up to three (3) sessions during any six-month period. The remaining amount of the per-employee per-month fee will be set aside to pay for any additional sessions on a fee-for-service basis (up to a maximum of three (3) additional sessions) reconciled annually.

Employee assistance services are provided by ComPsych® Corporation, Chicago, IL. ComPsych® is not a Lincoln Financial Group® company. Each independent company is solely responsible for its own obligations.

*EmployeeConnect Plus*™ is marketed by The Lincoln National Life Insurance Company (Fort Wayne, IN), which does not solicit business in New York, nor is it licensed to do so. In New York, *EmployeeConnect Plus*™ is marketed by Lincoln Life & Annuity Company of New York (Syracuse, NY). Both are Lincoln Financial Group® companies.

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Affiliates are separately responsible for their own financial and contractual obligations.



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[LincolnFinancial.com](http://LincolnFinancial.com)

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**Order code: GP-EAP+-SJM001**



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