

Regence



UTAH



# Get support for life's challenges with the Employee Assistance Program

Health is more than checkups, exercise and a good diet. When life happens—whether it's family issues or financial stress—getting support from professionals can make a big difference in your health and well-being. That's why your Regence plan includes the Employee Assistance Program (EAP).

## What is the EAP?

The EAP puts professional support in your hands quickly, conveniently and without additional cost to you. The program offers a range of services to support your mental health, emotional well-being and life-balance needs.



## Counseling

### Confidential counseling

Up to eight counseling sessions for relationship issues, anxiety, work stress or other challenges, available in person or over the phone, video or chat; you can schedule appointments online or by calling the toll-free line

### 24/7 crisis help & referral

Master's-level behavioral health clinicians available around the clock and in multiple languages to provide crisis help, assess your needs and refer you to an in-network provider or other resources

### Online communities

Topic-based support forums for individuals struggling with similar issues, such as grief and loss, life balance and resiliency, family conflicts and more



## Family

### Child care

Support finding local resources for parenting, adoption, education/college planning, teenager challenges, day care and other issues for parents

### Adult & elder care

Specialists who help find information on transportation, meals, exercise programs, activities, in-home care, daytime care, housing and more



## Legal/financial

### Legal help

Consultations over the phone with in-house attorneys for help with family law, identity theft, custody, real estate and more, plus local referrals to in-person consultations and a 25% discount on legal fees

### Financial guidance

Consultations over the phone with in-house financial experts for help with budgeting, debt counseling, improving credit, saving for college, retirement/estate planning, taxes and more

## Anytime access to the EAP

You can access all your EAP resources through an easy-to-use website and app, where you can explore on-demand trainings and articles on wellness, relationships, work, education, legal help, financial guidance and much more.

### To get started:

1. Go to [guidanceresources.com](https://guidanceresources.com) or download the GuidanceNow<sup>SM</sup> app
2. Select **Register** and then enter your Organization Web ID: **EAPU**
3. After entering this one-time code, you'll create your own username and password to access your resources anytime



Scan to get started at [guidanceresources.com](https://guidanceresources.com)

If you have any questions about the EAP, call ComPsych<sup>®</sup> GuidanceResources<sup>®</sup> at **1-800-922-2687**. You can also always reach out to Regence Customer Service or sign in to your [regence.com](https://regence.com) account for more information.



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