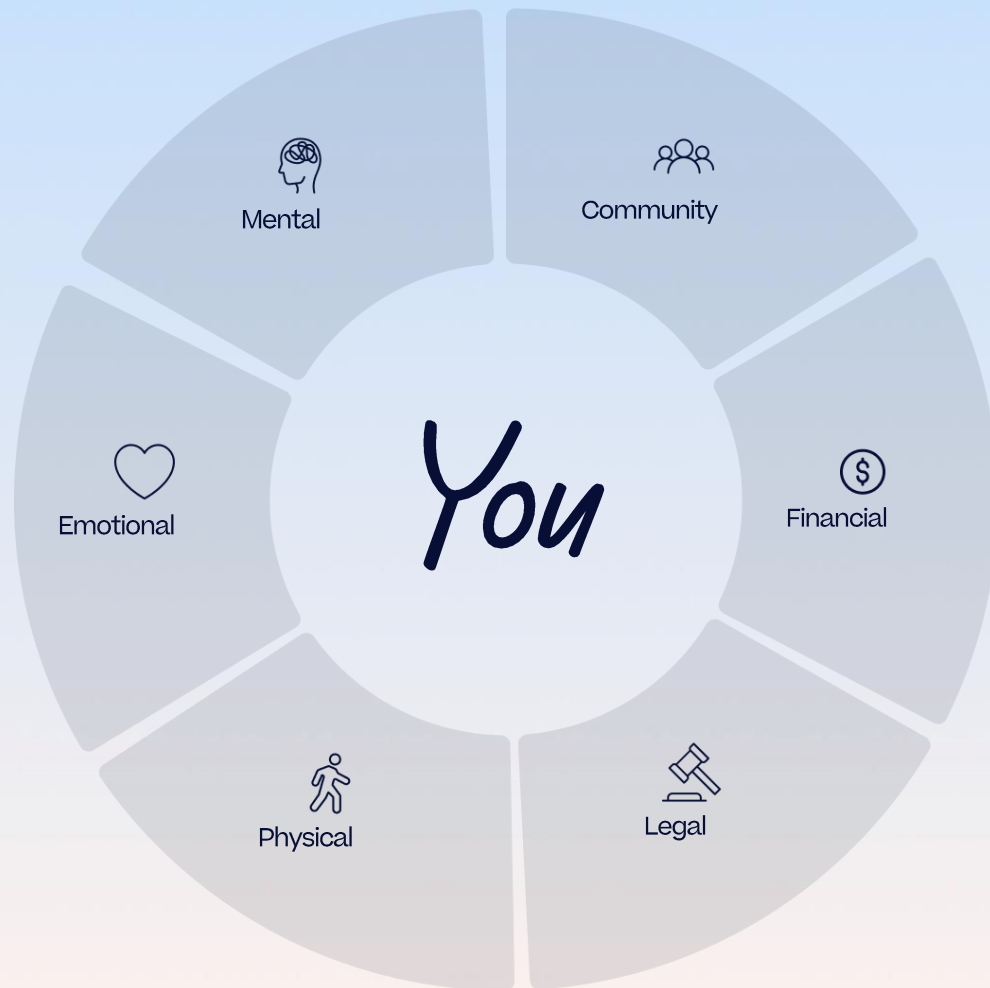


An Introduction to Well-Being Solutions[®]

Igniting Human
Potential Worldwide



What's Well-Being Solutions?



Holistic Well-Being Support You Can Trust

- ✓ Fully integrated counseling, work-life, legal, financial and well-being solution
- ✓ Your information is completely confidential
- ✓ Participation is private and voluntary and free to employees and household members
- ✓ Services are delivered by licensed professionals from outside your organization

Program Offering and Resources

Igniting Human
Potential Worldwide



State of New Mexico Program Model

24/7 multilingual access
to master's and doctoral-level professionals.

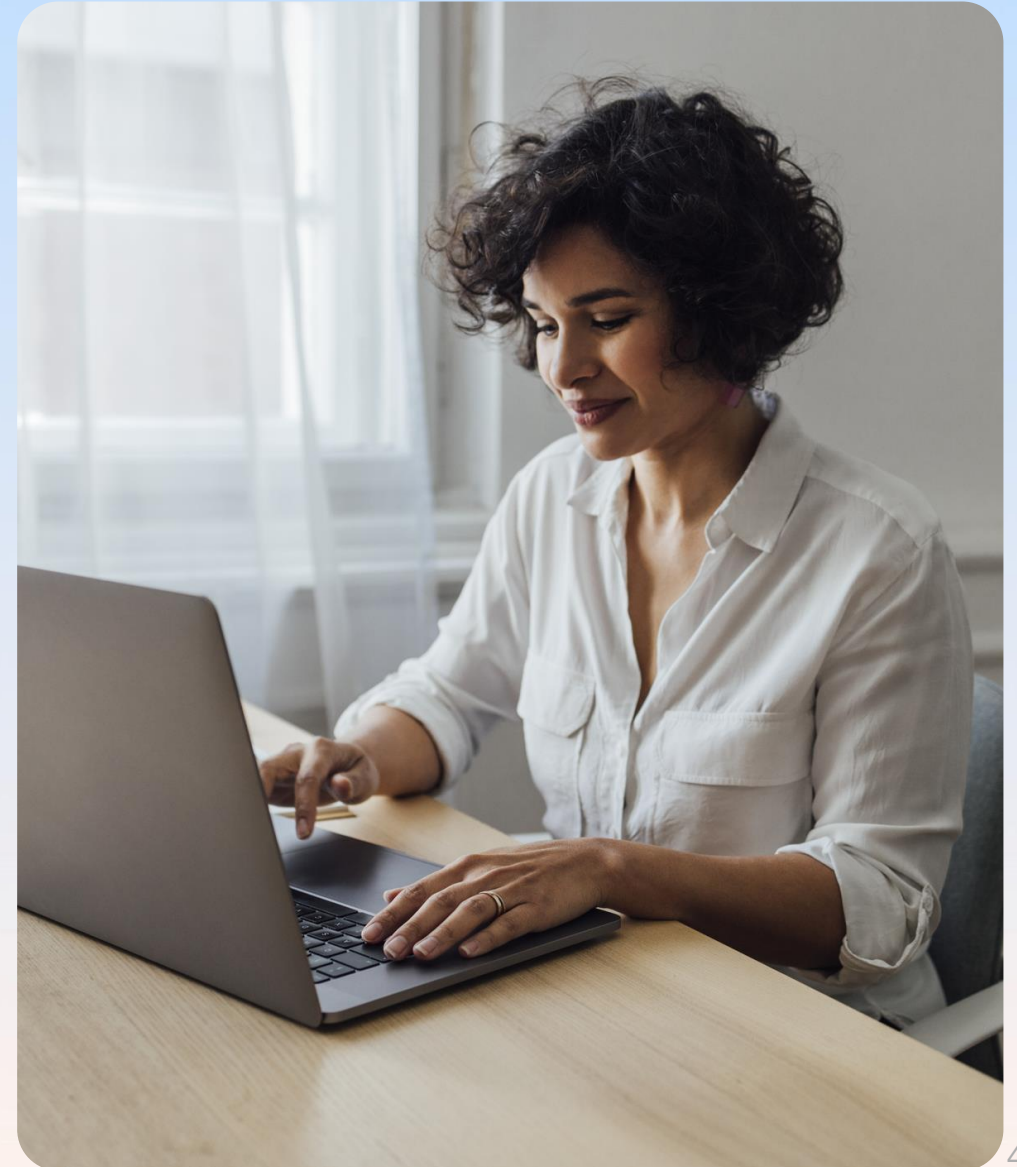
Short-term counseling support
Up to 5 sessions per person, per presenting issue, per year

Integrated work-life services, including

FamilySource®
LegalConnect®
FinancialConnect®

GuidanceResources® Online / GuidanceNow App

Online intake and online scheduling, video intake, wellbeing assessment, and personalized care plan creation for users



Confidential Counseling/Therapy



- **Short-Term Counseling**
 - Up to 5-sessions - per person, per presenting issue, per year
 - Access to highly-experienced master's and doctoral-level mental health counselors
 - Established, clinically accepted treatment options, including evidence-based treatments and a wide range of specialties
 - Solution-focused therapy across full spectrum of emotional health issues: anxiety, depression, grief, stress, relationships, etc.
- **Long-term counseling**
 - Referred to insurance; Continuing treatment for long-standing issues

Integrated Work-Life Solutions

Work-Life Services

Unlimited Support

- Child care
- Elder care
- Education
- Government programs
- Health/wellness
- Personal convenience
- Moving/relocation

Customized referral packets; full research and availability checks

Work-life kits available (baby, wellness, retirement, etc.)

Digital content and training resources

Legal Services

Unlimited consultation with in-house attorneys

- Family law
- ID theft
- Custody
- Real estate
- Contracts
- Tax questions

Local referrals

- In-person consultation
- Discounted legal fees

Digital content and training resources

Financial Services

Unlimited consultation with in-house financial experts

- Budgeting
- Debt
- Credit
- Tax issues
- Retirement planning
- Real estate
- Estate planning
- Saving for college

Digital content and training resources

Work-Life Services in Action

Grants or scholarships for prep school

Utility Assistance and food pantries

Online SQL coding classes

Pick-up service for furniture donation

Social activities for Christian 55+ singles

Mini-golf vacations that include senior special rates

Service to move mobile home in rural Louisiana

Local acupuncturist and Reiki practitioners

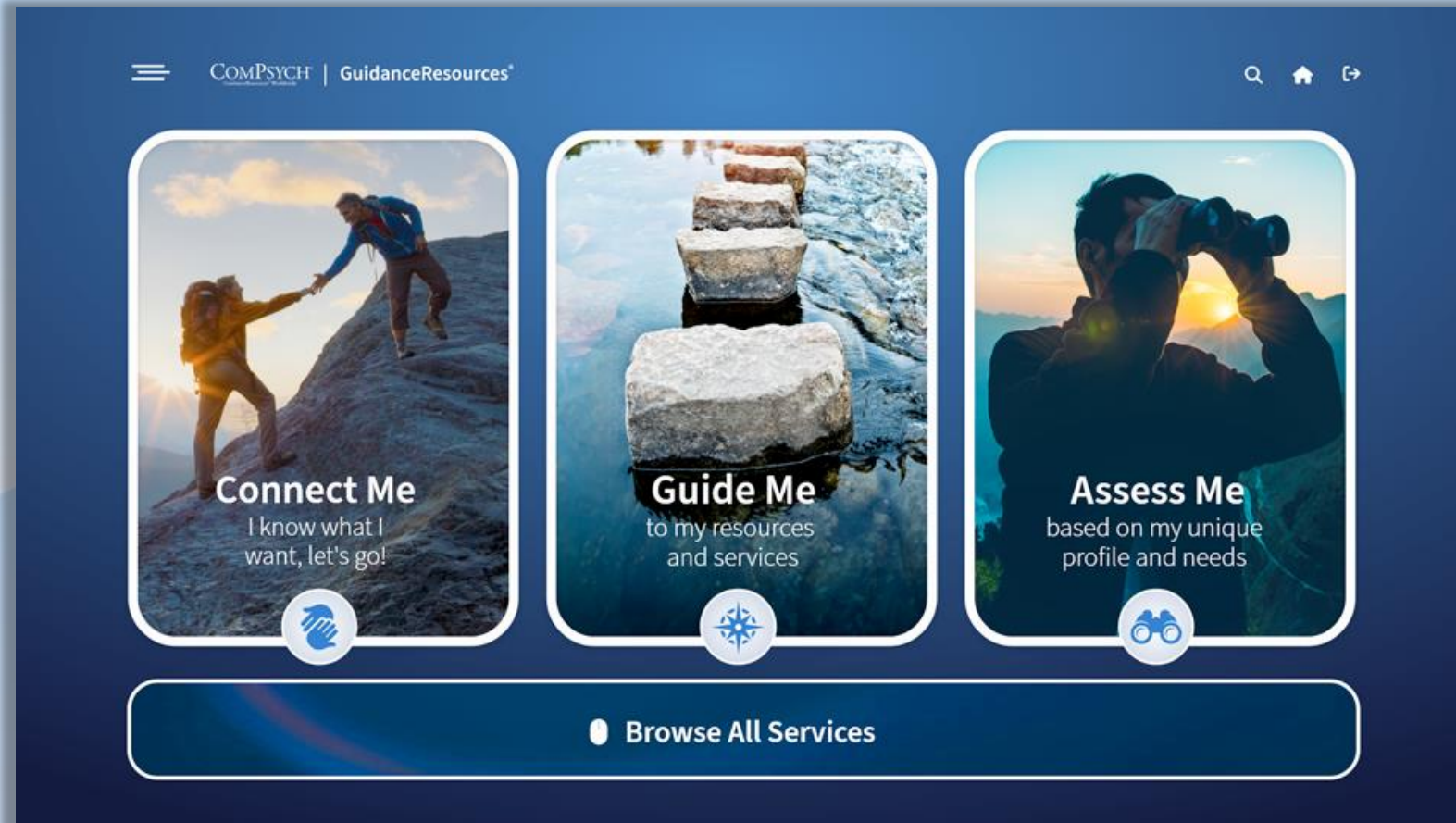
Private investigator with IT expertise who can help with online harassment and fraudulent social media accounts

Local pet chiropractor for older rescue dog with arthritis

Beachside home in the Hamptons with a pool, access to bike trails, and vegetarian-friendly restaurants

Service to move mobile home in rural Louisiana

GuidanceResources® Online Journey



24-hour access to localized resources in multiple languages

Digital intake and referral for counseling and work-life needs

Click to chat or send message to a master's-level clinician

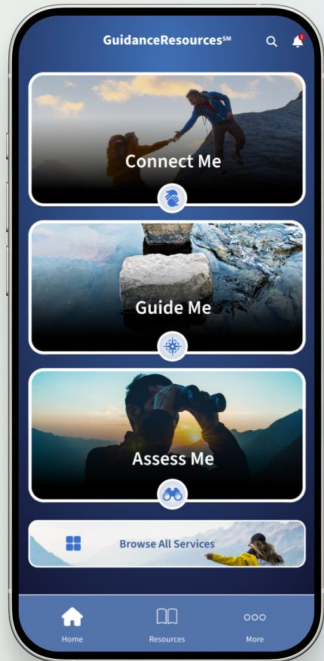
On-demand training modules available anytime

Lookup local child/ elder care, attorneys, financial experts

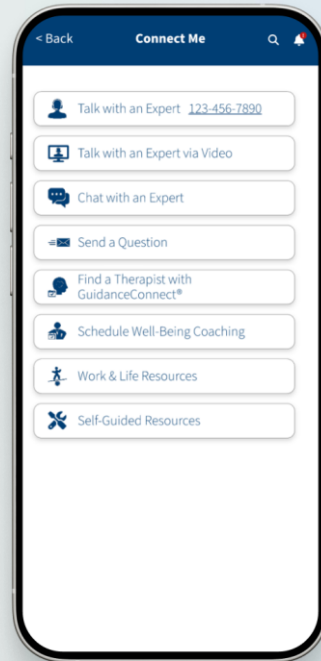
Discounts through partners for commonly used services

GuidanceResources® Online Journey

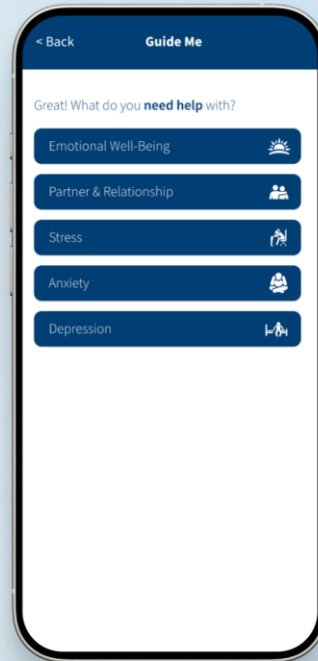
Continues Seamlessly on Mobile



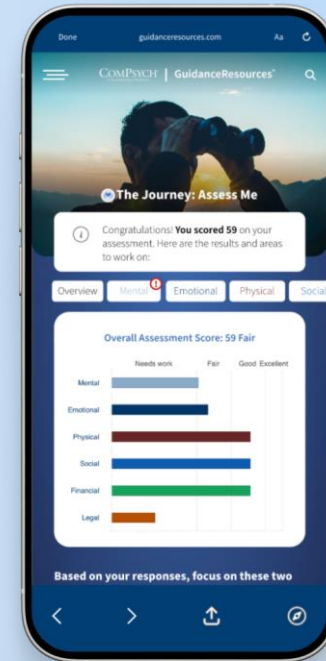
Journey Options



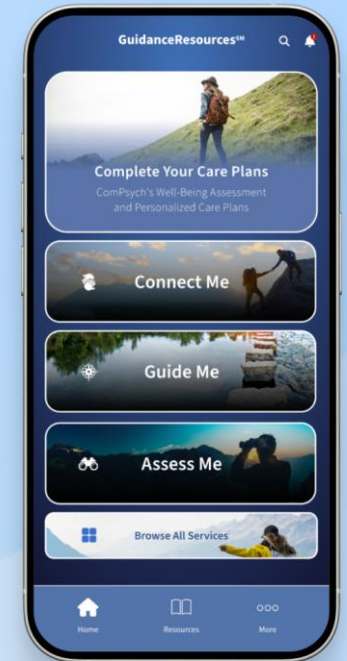
Connect Me



Guide Me



Assess Me



Returning User

ComPsych HuddlesSM



Key Benefits:

- Prevention/low acuity focused
- Low barrier entry point
- Digital solution
- Provides social support
- Easy to add new group topics

Single session online groups on various wellness topics

- Mood Management
- Self-care & Resiliency
- Everyday Mindfulness
- Relaxation Techniques
- Improving Sleep
- Nutrition 101
- Move Your Way

Easily accessible through the GRO Home Page

Available to all members

Online self-registration

Small, interactive sessions (registration capped)

Facilitated by ComPsych counselors and coaches

Program Access

- Call us anytime for solutions: 833-515-0771
- Go Online: [GuidanceResources.com](https://www.GuidanceResources.com)
- Company Web ID: SONMEAP
- Download GuidanceNow App

