

Support for life's many challenges

Symetra Support[®]

Employee assistance, well-being coaching and computerized cognitive behavioral therapy programs

GROUP DISABILITY VALUE-ADDED SERVICES





Employee assistance program

Helping you cope with the present and plan for the future

When life gets tough, it's helpful to have someone in your corner to listen. That's what you get from DisabilityGuidanceSM—an employee assistance program that offers confidential counseling for individuals covered under a Symetra group disability policy.

Program highlights

Up to five¹ confidential sessions with a counselor, financial planner or attorney are available to you and your eligible family members each calendar year.² An additional five sessions are available if you have a covered disability claim. Sessions are per household and may be divided among the three types of professionals. While all types of sessions can be held over the phone, in-person counseling sessions are also available. These services are included in the overall premium, so no additional payment is required to use the program.

Confidential counseling

Trained counselors with a master's or doctorate degree are just a phone call away to provide you the right resources for stress, anxiety, job pressures, substance abuse, and grief and loss.

Legal support

Talk to an attorney about legal concerns such as divorce, real estate transactions, debt and bankruptcy, and more.

Need legal representation?

A general guidance consultant will refer you to a qualified attorney in your area for a free 30-minute consultation. Any customary legal fees after that are reduced by 25%.

Financial information and resources

A certified public accountant or financial planner can provide financial information and guidance on topics like debt, taxes, retirement planning, credit card or loan problems, and more.

Online resources and tools

Get trusted, professional information about relationships, work, school, children, wellness, legal or financial issues, and more.

Turn to GuidanceResources[®] online for:

- Timely articles, tutorials, videos and self-assessments.
- “Ask the Expert” personal responses to your questions.
- Searches for child or elder care, attorneys and financial planners.

Planning for the future

A will is one of the most important legal documents you can have. It ensures that you'll control who gets your property, who will be your children's guardian, and who manages your estate when you die.

EstateGuidance[®] makes it easy to create a simple, customized, legally binding will by offering:

- Convenient online access to will documentation tools.
- Simple-to-follow instructions guiding you through the will-generation process.
- Online support from licensed attorneys, if needed.
- The ability to make revisions at no cost.

Wills as low as \$14.99.* Printing and mailing services are available for an additional fee. Contact ComPsych for additional information.

*Prices may be subject to change.

First-time users, follow these simple steps:

- 1 Go to guidanceresources.com and click “Register.”
- 2 Provide your organization web ID: **SYMETRA**
- 3 Create a user name and password.

If you have problems registering or logging in, send an email to memberservices@compsych.com or call **1-888-327-9573**.



Call ComPsych with any questions or for more information:

Phone: **1-888-327-9573**

TDD: **1-800-697-0353**



Well-being coaching

Breaking through life's barriers

In today's high-pressure world, work-life challenges and making space to work on our well-being often combine to overwhelm us. Well-being coaching can help you find the balance you need to overcome these challenges and achieve your goals.

A certified coach will work one-on-one with you to reduce personal roadblocks and risks—addressing health and well-being holistically—before they evolve into long-term, costly problems. The services are available via phone or video sessions and cover a wide variety of issues.

Call ComPsych anytime at [1-888-327-9573](tel:1-888-327-9573) to request an appointment with a personal coach and get the support you need to live a healthier, more balanced life.

Supported issues include:

- Burnout
- Balancing competing needs
- Developing self-compassion
- Goal setting
- Building resiliency
- Time management
- Coping with stress
- Finding motivation
- Improving sleep



Computerized cognitive behavioral therapy (CCBT)

Digital self-care tools, available anytime, anywhere

Computerized cognitive behavioral therapy (CCBT) gives you access to interactive programs, skill-building tools and inspirational resources to help you:

- Reduce personal roadblocks
- Eliminate stress and anxiety
- Overcome mental barriers

All the while, the program tracks your progress and keeps you motivated on your journey to a better you. CCBT is much more than a mindfulness or meditation app. The dynamic, digital content is grounded in evidence-based techniques—such as cognitive behavioral therapy, mindfulness and positive psychology—and is curated by skilled psychologists.

Log on to guidanceresources.com and click the icon for digital self-care tools to get started today!

Focus areas include:

- Anxiety
- Depression
- Mindfulness
- Sleep improvement
- Stress
- Resilience
- Positive thinking
- Low self-esteem

Languages available:

- Canadian French
- Chinese
- English
- French
- German
- Italian
- Japanese
- Portuguese
- Spanish

For more information, visit www.guidanceresources.com.

Symetra Life Insurance Company is the parent company of First Symetra National Life Insurance Company of New York (collectively, "Symetra"). Symetra Life Insurance Company does not solicit business in the state of New York and is not authorized to do so. Each company is responsible for its own financial obligations.

Group benefits are insured by Symetra Life Insurance Company, 777 108th Avenue NE, Suite 1200, Bellevue, WA 98004. In New York, group benefits are insured by First Symetra National Life Insurance Company of New York, New York, NY. Mailing address: P.O. Box 34690, Seattle, WA 98124.

DisabilityGuidanceSM, GuidanceResources[®], EstateGuidance[®], well-being coaching and CCBT are provided by ComPsych. Value-added services may not be available in all states. ComPsych is not affiliated with Symetra Life Insurance Company or any of its subsidiaries.

Symetra Support[®] is a registered service mark of Symetra Life Insurance Company.

¹ In California, counseling sessions are limited to three sessions in a six-month period.

² Once you are enrolled in a group disability income insurance policy from Symetra Life Insurance Company.



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