Lincoln Financial Group®

You're In Charge®

Real life, real support

Helpful resources; confidential counseling

EmployeeConnect℠ services

Life brings challenges. *EmployeeConnect* delivers help.

Everyone needs help solving problems sometimes. *EmployeeConnect* offers confidential assistance to help you and your family meet the challenges that life, work and relationships can bring.

Get help 24/7 with:

- Depression
- Substance abuse
- Legal and financial concerns
- Marital or family difficulties
- Stress management/anxiety
- Child or elder care

Who is eligible?

You and your immediate household family members are eligible to access *EmployeeConnect* services as part of your long-term disability coverage from Lincoln.

What services can I access?

- Unlimited, 24/7 toll-free phone and online access to:
  - Family and personal convenience information and referrals for topics such as child and elder care, kennels and pet care, vacation planning, relocation, car buying and colleges
  - Legal information and referrals for situations requiring expertise in family law, estate planning, landlord/tenant relations, consumer and civil law, and more
  - Financial information and referrals to assist with concerns such as household budgeting, as well as short- and long-term planning
- In-person help for short-term issues; up to four* sessions with a counselor per person, per issue, per year
- In-person consultations with network lawyers, including one free 30-minute in-person consultation per legal issue, and subsequent meetings at a reduced fee
- Web-based resources
  - Articles
  - Tutorials
  - Streaming videos
  - Interactive tools and assessments such as financial calculators, budgeting spreadsheets and a language translator
- Customized information packets to accompany all work-life services

* In California, up to three sessions in six months, starting with initial contact by employee.

Insurance products issued by:
The Lincoln National Life Insurance Company
Lincoln Life & Annuity Company of New York

What experience and credentials will my counselors have?

By phone: Your *EmployeeConnect* counselor is the first point of contact when you call the toll-free line. This individual performs counseling and work-life triage, assessment, intake and referral. All counselors hold master's degrees in counseling, social work or other related majors. In addition, they have broad-based clinical skills and at least three years of experience in assessing and counseling related to a variety of issues.

In person: When you schedule a face-to-face meeting, you will be referred to a fully credentialed, state-licensed clinician.

How can I find out more and access the Lincoln *EmployeeConnect* program?

Online: Visit www.GuidanceResources.com (user name = LFGsupport; password = LFGsupport1),

Phone: Call us at 888-628-4824

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