



Call GuidanceResources® anytime for confidential assistance.

Call: 877.247.4621 TDD: 800.697.0353

Go online: arbenefits.org and navigate to GuidanceResources

Personal issues, planning for life events or simply managing daily life can affect your work, health and family. GuidanceResources® provides support, resources and information for personal and work-life issues. GuidanceResources is confidential and subsidized by your employer at no charge to you and your dependents. This flyer explains how GuidanceResources can help you and your family deal with everyday challenges.

Confidential Counseling

Someone to talk to.

This no-cost counseling service helps you address stress, relationship and other personal issues you and your family may face. It is staffed by GuidanceConsultants™—highly trained master's and doctoral level clinicians who will listen to your concerns and quickly refer you to in-person counseling and other resources for:

- › Stress, anxiety and depression
- › Job pressures
- › Relationship/marital conflicts
- › Grief and loss
- › Problems with children
- › Substance abuse

Financial Information and Resources

Discover your best options.

Speak by phone with our Certified Public Accountants and Certified Financial Planners on a wide range of financial issues, including:

- › Getting out of debt
- › Retirement planning
- › Credit card or loan problems
- › Estate planning
- › Tax questions
- › Saving for college

Legal Support and Resources

Expert info when you need it.

Talk to our attorneys by phone. If you require representation, we'll refer you to a qualified attorney in your area for a free 30-minute consultation with a 25% reduction in customary legal fees thereafter. Call about:

- › Divorce and family law
- › Real estate transactions
- › Debt and bankruptcy
- › Civil and criminal actions
- › Landlord/tenant issues
- › Contracts

Work-Life Solutions

Delegate your "to-do" list.

Our Work-Life specialists will do the research for you, providing qualified referrals and customized resources for:

- › Child and elder care
- › College planning
- › Moving and relocation
- › Pet care
- › Making major purchases
- › Home repair

GuidanceResources® Online

Knowledge at your fingertips.

GuidanceResources Online is your one stop for expert information on the issues that matter most to you...relationships, work, school, children, wellness, legal, financial, free time and more.

- › Timely articles, HelpSheets™, tutorials, streaming videos and self-assessments
- › "Ask the Expert" personal responses to your questions
- › Child care, elder care, attorney and financial planner searches

Wellness

Support for your healthy lifestyle.

HealthyGuidance® helps you make positive lifestyle changes. You can get the tools and support you need to make smarter decisions about your health. This confidential program includes:

- › Health Risk Assessment and personal health report
- › Weight Management: telephonic personalized coaching and goal setting
- › Tobacco Cessation: one-on-one counseling to help you permanently quit smoking. *To enroll in the tobacco cessation program, contact Benefit Services at 877.815.1017*
- › Lifestyle Coaching from certified health coaches by phone for:
 - › Cardiovascular Disease Prevention
 - › Diabetes Disease Prevention
 - › Stress Management
- › Online health information, learning modules and other tools

Call for an appointment with a health coach or go online to arbenefits.org and navigate to GuidanceResources.

Just call or click to access your services.

