



Confidential Emotional Support

Our highly trained clinicians will listen to your concerns and help you or your family members with any issues, including:

- Anxiety, depression, stress
- Grief, loss and life adjustments
- Relationship/marital conflicts



Work-Life Solutions

Our specialists provide qualified referrals and resources for just about anything on your to-do list, such as:

- Finding child and elder care
- Hiring movers or home repair contractors
- Planning events, locating pet care

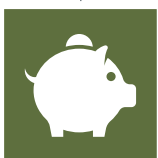


Legal Guidance

Talk to our attorneys for practical assistance with your most pressing legal issues, including:

- Divorce, adoption, family law, wills, trusts and more

Need representation? Get a free 30-minute consultation and a 25% reduction in fees.



Financial Resources

Our financial experts can assist with a wide range of issues. Talk to us about:

- Retirement planning, taxes
- Relocation, mortgages, insurance
- Budgeting, debt, bankruptcy and more



Online Support

GuidanceResources® Online is your 24/7 link to vital information, tools and support. Log on for:

- Articles, podcasts, videos, slideshows
- On-demand trainings
- "Ask the Expert" personal responses to your questions

What happens when I call for counseling support?

When you call, you will speak with a GuidanceConsultantSM, a master's- or PhD-level counselor who will collect some general information about you and will talk with you about your needs. The GuidanceConsultant will provide the name of a counselor who can assist you. You will receive counseling through the EAP up to 3 telephonic sessions per issue, per person, per calendar year. You can then set up an appointment to speak with the counselor over the phone.

What counseling services does the EAP provide?

The EAP provides free short-term counseling with counselors in your area who can help you with your emotional concerns.

If the counselor determines that your issues can be resolved with short-term counseling, you will receive counseling through the EAP. However, if it is determined that the problem cannot be resolved in short-term counseling in the EAP and you will need longer-term treatment, you will be referred to a specialist early on and your insurance coverage will be activated.

Contact EAP Essential Anytime

No-cost, confidential solutions to life's challenges.

Your ComPsych® GuidanceResources® program EAP Essential offers someone to talk to and resources to consult whenever and wherever you need them.

Call: 800.460.4374

TTY: 800.697.0353

Your toll-free number gives you direct, 24/7 access to a GuidanceConsultantSM, who will answer your questions and, if needed, refer you to a counselor or other resources.

Online: guidanceresources.com

App: GuidanceNowSM

Web ID: EAP Essential

Log on today to connect directly with a GuidanceConsultant about your issue or to consult articles, podcasts, videos and other helpful tools.

24/7 Support, Resources & Information



GGFL-1593

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GROUP PRODUCTS

EAP EssentialSM

Sun Life is proud to offer our EAP Essential plan. Part of Sun Life's EAP By DesignSM program, it is offered in partnership with ComPsych[®] Corporation, providing employers and employees access to an array of services that address personal life challenges and improve workplace productivity and performance.

EAP Essential offers a wide range of valuable services for the cost-sensitive Client, including:

EAP By Design programs can be included with Sun Life Disability or Life group products.

Services for your employees and their household family members

- **EAP:** Three confidential telephonic counseling sessions per occurrence with experienced clinicians available 24/7.
- **Legal resources:** Unlimited phone access to ComPsych legal professionals and an initial consultation at no charge with a local attorney, and discounts on additional services.
- **Financial resources:** Unlimited phone access to financial professionals for information regarding personal finance and related issues.
- **Work/Life resources:** Information and referrals on child care, elder care, adoption, relocation, and other personal convenience matters.
- **GuidanceResources[®] Online:** Access to extensive content to help with personal or family concerns, and access to helpful planning tools, discount programs, and more.
- **Health risk assessments:** Online access to a health risk assessment survey and a variety of health management tools and information.

Services for you

- **HR resources:** Supervisors and managers have phone access to HR professionals who consult on various workplace-related issues such as managing difficult employee situations.
- **ComPsych ResourceCenterSM Website:** Provides HR professionals with access to a full menu of reports and services, including utilization reports, detailed EAP program information, online training courses, and print-on-demand information flyers and posters.
- **Direct-to-consumer reports:** Employers receive confidential utilization reports that help with trending, tracking, and identifying employee interest areas.
- **Employee materials:** Flyers, wallet cards, and e-posters.

To learn more, call your broker or Sun Life representative.

Not for use in New York.

Value-added services are offered only on specific lines of coverage, and carry a separate charge, which is added to the cost of the insurance. The cost is included in the total amount billed. Employee Assistance Program (EAP) work/life services, which are provided by ComPsych®, are not insurance, and the charge is segregated from the insurance cost but included in the total amount billed. ComPsych® is a registered trademark of ComPsych Corporation. The entities that provide the value-added services are not subcontractors of Sun Life and Sun Life is not responsible or liable for the care, services, or advice provided by them. Sun Life reserves the right to discontinue any of the Services at any time. Employers who provide group insurance coverage and make available value added services within an I.R.C. Section 125 cafeteria plan should consult a tax professional to determine whether those services are Qualified Benefits for Section 125 plans. In California, employees are eligible for 3 sessions in a 6-month period.

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ComPsych® and GuidanceResources® are registered trademarks of ComPsych® Corporation.

Group insurance policies are underwritten by Sun Life Assurance Company of Canada (Wellesley Hills, MA) in all states, except New York, under Policy Form Series 93P-LH, 98P-ADD, 12-GP-01, 15-GP-01, 15-LF-C-01, 12-GPPort-P-01, 15-LFPort-C-01, 15-ADD-C-01, 13-ADD-C-01, 13-ADDPort-C-01, 12-DI-C-01, 12-STDPort-C-01, 16-DI-C-01, TDBPOLICY-2006, and TDI-POLICY. Product offerings may not be available in all states and may vary depending on state laws and regulations.

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