



Get support for life's challenges with the Employee Assistance Program

Health is more than checkups, exercise and a good diet. When life happens—whether it's family issues or financial stress—getting support from professionals can make a big difference in your health and well-being. That's why your Regence plan includes the Employee Assistance Program (EAP) at no additional cost to you.



Counseling

Confidential counseling

Up to four counseling sessions for relationship issues, anxiety, work stress or other challenges, available in person or over the phone, video or chat; you can schedule appointments online or by calling the toll-free line

24/7 crisis help & referral

Master's-level behavioral health clinicians available around the clock and in multiple languages to provide crisis help, assess your needs and refer you to an in-network provider or other resources

Online communities

Topic-based support forums for individuals struggling with similar issues, such as grief and loss, life balance and resiliency, family conflicts and more



Family

Child care

Support finding local resources for parenting, adoption, education/college planning, teenager challenges, day care and other issues for parents

Adult & elder care

Specialists who help find information on transportation, meals, exercise programs, activities, in-home care, daytime care, housing and more



Legal/financial

Legal help

Consultations over the phone with in-house attorneys for help with family law, identity theft, custody, real estate and more, plus local referrals to in-person consultations and a 25% discount on legal fees

Financial guidance

Consultations over the phone with in-house financial experts for help with budgeting, debt counseling, improving credit, saving for college, retirement/estate planning, taxes and more



Anytime access to the EAP

You can access all your EAP resources through an easy-to-use website and app, where you can explore on-demand trainings and articles on wellness, relationships, work, education, legal help, financial guidance and much more.

To get started:

1. Go to guidanceresources.com or download the GuidanceNowSM app
2. Select **Register** and then enter your Organization Web ID: **EAPO**
3. After entering this one-time code, you'll enter the first five letters of your company's official name, then create your own username and password to access your account anytime



Scan to get started at guidanceresources.com

If you have any questions about the EAP, call ComPsych® GuidanceResources® at **1-800-922-2687**. You can also always reach out to Regence Customer Service or sign in to your regence.com account for more information.



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REG-OR-1181376-25/07 51-100
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