

FREE SERVICE FOR ALL EMPLOYEES:
SYMETRA SUPPORT
 EMPLOYEE ASSISTANCE PROGRAM SERVICES



Symetra SupportSM you and family members get support when they need it, with up to five face-to-face sessions per person, per issue, per year with an EAP counselor.¹ Unlimited telephone access to counselors with a master's or doctor-level degree is available through a Symetra-dedicated toll-free number.



IN-PERSON GUIDANCE

Some matters are best resolved by meeting with a professional in person. With **Symetra Support**, you and your family get:

- In-person help for short-term issues (up to five 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 25% off subsequent meetings



UNLIMITED 24/7 ASSISTANCE

You and your family can access the following services any time — online, on the mobile app, or with a toll-free call:

- Information and referrals on family matters, such as child and elder care, pet care, vacation planning, moving, car buying, college planning, and more
- Legal information and referrals for family law, estate planning, and consumer and civil law
- Financial guidance on household budgeting and short- and long-term planning



ONLINE RESOURCES

Symetra Support offers a wide range of information and resources you can research and access on your own.

Expert advice and support tools are just a click away when you visit [GuidanceResources.com](https://www.guidanceresources.com) or download the **GuidanceNow** mobile app. You'll find:

- Articles and tutorials
- Videos
- Interactive tools, including financial calculators, budgeting worksheets, and more



GUIDANCERESOURCES NOW MOBILE APP

The **GuidanceResources NOW** mobile app provides fingertip access to helpful resources, information, advice and helpful tools covering thousands of topics. Download the app now at Google Play or the App Store.

GET THE MOBILE APP TODAY



TAKE ADVANTAGE OF SYMETRA SUPPORT

Log in or Sign up now at:

[GuidanceResources.com](https://www.guidanceresources.com)

First time? Click **Register**, enter Organization Web ID: **SYMETRA** or call **888-628-4824**



¹ In California, counseling sessions are limited to three sessions in a six-month period. Symetra Life Insurance Company is a direct subsidiary of Symetra Financial Corporation. First Symetra National Life Insurance Company of New York is a direct subsidiary of Symetra Life Insurance Company and is an indirect subsidiary of Symetra Financial Corporation (collectively, "Symetra"). Neither Symetra Financial Corporation nor Symetra Life Insurance Company solicits business in the state of New York and they are not authorized to do so. Each company is responsible for its own financial obligations. Group insurance policies are insured by Symetra Life Insurance Company, 777 108th Avenue NE, Suite 1200, Bellevue, WA 98004. Not available in any U.S. territory. In New York, group insurance policies are insured by First Symetra National Life Insurance Company of New York, New York, NY. Mailing address: P.O. Box 34690, Seattle, WA 98124. GuidanceResources® and EstateGuidance® are provided by ComPsych® Corporation. ComPsych® Corporation is not affiliated with Symetra Life Insurance Company or any of its affiliates.