

GuidanceResources® Online

Your personalized care *journey*

Everyone's journey is different. This is especially true when it comes to mental health and well-being where each person has their own individualized care needs. Whether a single parent in need of child care assistance and emotional support or a veteran looking for help with grief and financial planning, everyone's need—and their journey—is unique... and that's what ComPsych® GuidanceResources® is all about.

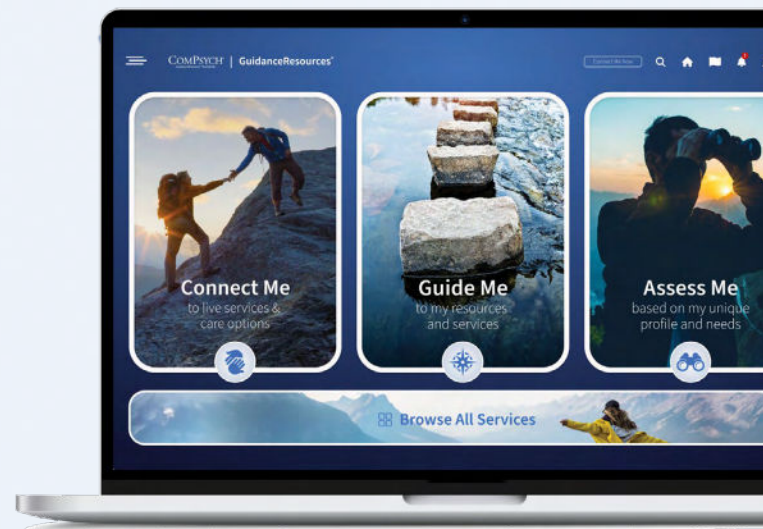
At the core of our care philosophy is our person-centered approach. This means the right care, at the right time, and in the right way. Need immediate clinical support? Our clinicians are standing by 24/7 ready to assist users by phone, app, or online. Struggling with burnout? Maybe connecting with an experienced counselor via video is the answer. Stressed about your finances? Our in-house staff of lawyers, certified financial experts, and resource specialists can help. The door is wide and there's no wrong way to enter.

The ComPsych difference

- Forty years of demonstrated innovation
- Unmatched experience and proven scalability
- Holistic approach to care
- Multimodal access, from "hi-tech to high touch"
- Culturally responsive care
- Comprehensive organizational resiliency support
- Global reach and consistency
- Proven results and outcomes

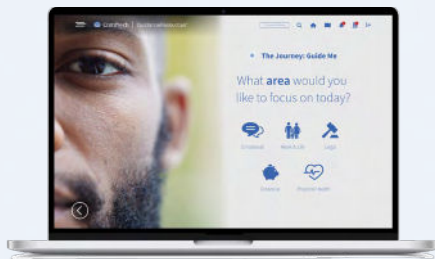
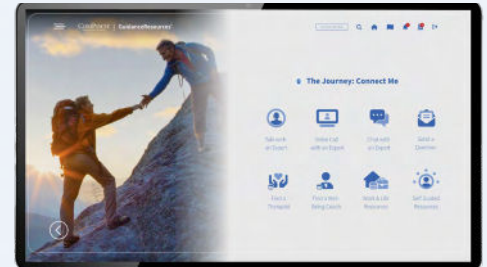
Our reimagined digital experience

Designed with the individual — and their journey — in mind, our new, reimagined GuidanceResources digital experience mirrors the high-touch, live interactions ComPsych is known for, connecting members to the right care — fast. This industry-first platform creates highly personalized experiences, suited to assess and provide recommendations based on the member's unique needs, while encouraging re-engagement with tangible improvement measurements. Available via portal and app in 40 languages, our new digital experience allows members to: (see next page)



Connect Me

For those who know what they want now, the “Connect Me” option offers our quickest path to immediate care. With as little as two clicks, members can connect immediately with an expert or schedule appointments for services that are right for them.

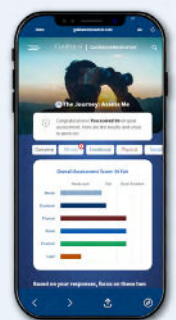


Guide Me

For those who have an idea of what would help but could use some guidance, the “Guide Me” option quickly assesses their area of need and directs them to live care, tools, and resources most appropriate to their issue. In just a few quick clicks, they can navigate more than 1,000 path options that lead to a variety of resources, care recommendations, and more — all tailored to their needs.

Assess Me

For members seeking a more holistic experience with highly-personalized care recommendations, they can visit “Assess Me,” our most extensive care path. This option guides members through a brief well-being assessment, which evaluates their needs across six primary care pillars: Mental, Emotional, Physical, Social, Legal, and Financial. The platform then measures and benchmarks the results and provides a series of personalized, multistep Well-Being Plans tailored to the member’s specific areas of need. These guided plans suggest progressive care solutions structured around “Learning & Growth,” “Building Skills,” and “Accessing Services.”



About ComPsych

ComPsych® is the worldwide leader in organizational mental health, well-being, and absence management, dedicated to igniting human potential in workplaces across the globe. For over 40 years, we have combined the best in technology with unmatched human expertise to help individuals and their organizations thrive. Our GuidanceResources® and AbsenceResources® solutions deliver end-to-end mental health, well-being, work-life, health navigation, and absence support to more than 75,000 customers worldwide, touching more than 160 million lives across 200 countries. Visit compsych.com to find out why 40% of the Fortune 500 choose ComPsych® for their mental health and absence management needs.