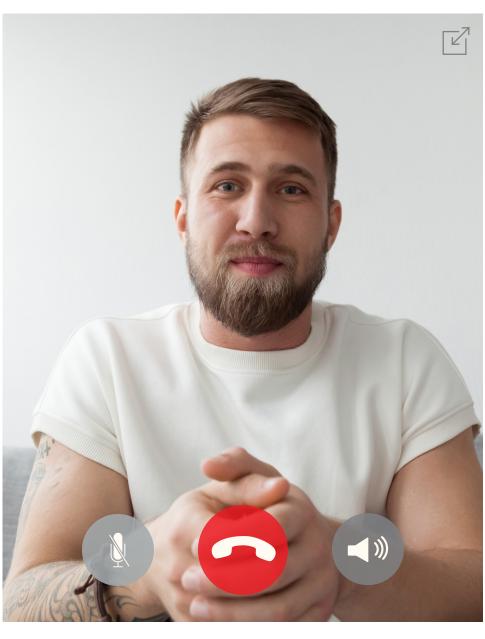
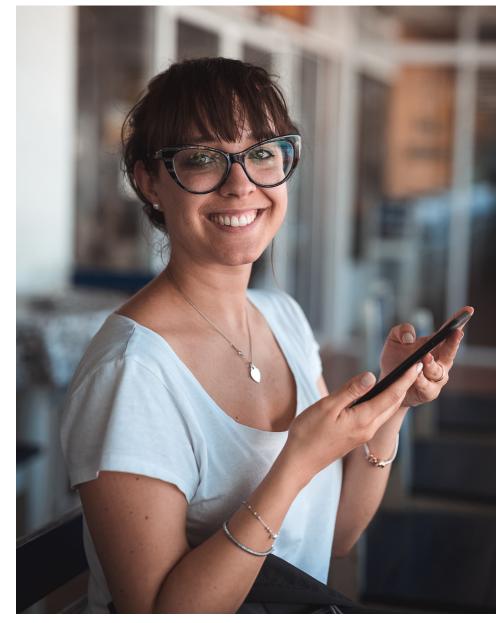


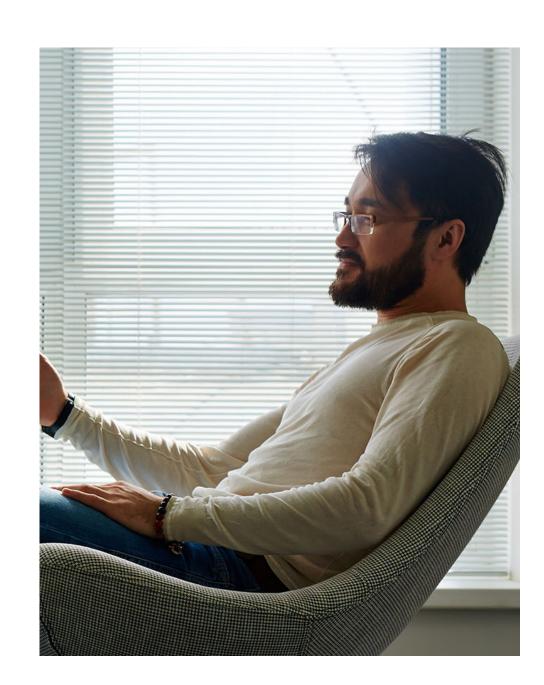
Find guidance

Building an efficient and productive team, managing conflicts, and reaching your professional goals are all in a day's work. We're here to help.

Choose how you want support







Video

Phone

In-person

Improving the moments that matter

- Steer through workplace changes
- Coach employees through performance issues
- Take steps if an employee is misusing drugs or alcohol or is in danger
- Support your employees by providing crisis intervention during difficult times
- Identify and reach professional goals

All it takes is a single conversation to get things going. You will be matched with an expert who will provide support based on your personal needs.

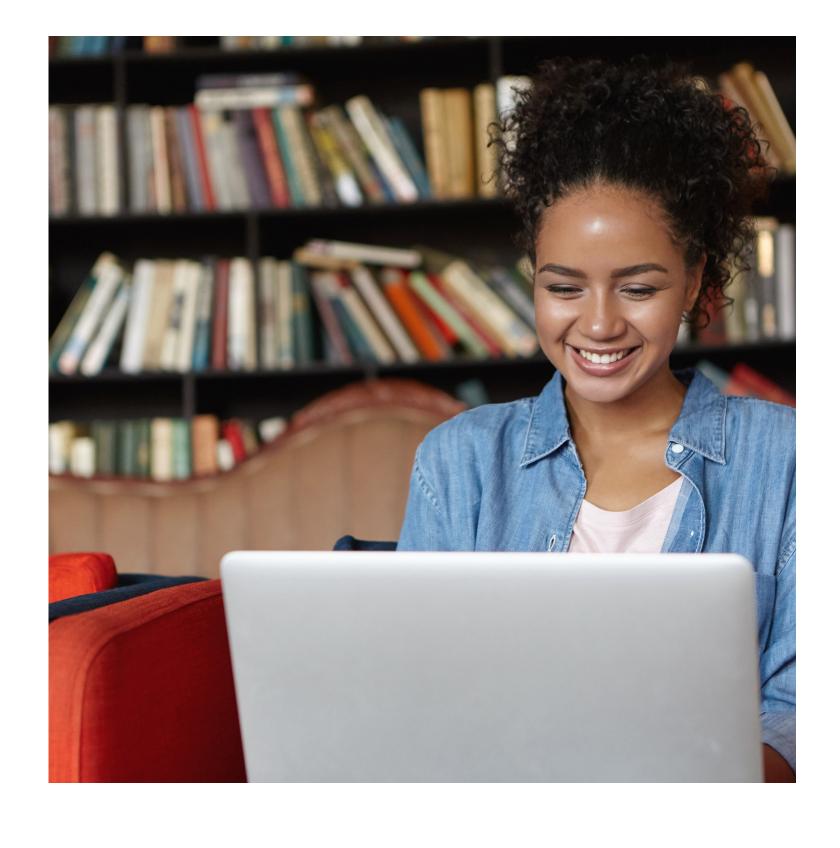
Start when you're ready—it's easy

There is no cost to you. Your employer covers the cost.

It's confidential. Conversations with our expert counselors are private and confidential.

You will receive support from experts. You'll be connected with someone who has been vetted and screened, and is the right fit for you.

We are ready when you are. Online resources are available any time of day or night, to get started.



SERVICES INCLUDE:

no-cost sessions as defined by your benefit.

