

An Introduction to Bobcat Balance®

Presented by ComPsych® Corporation



Stay Ahead of Performance, Productivity and Health Issues

COMPSYCH®
GuidanceResources® Worldwide

ComPsych Overview

Founded in 1984 and grown to be the largest provider of EAP services in the world

127 million individuals and more than 56,000 organizations throughout more than 190 countries

Global service centers staffed by dedicated clinical, legal financial, wellness, behavioral and work-life experts—24 hours a day

Leading provider of Critical Incident Services worldwide

GuidanceResources® – What is It?

Free, confidential services for the following:

- Counseling (about parenting, relationships, work stress, and more)
- Legal guidance
- Financial guidance
- Work life balance
- Online resources



Your EAP Can Help You:

- Prevent small problems in your life from becoming big problems
- Control the negative effects of stress
- Feel happier
- Be more energetic
- Concentrate and perform better at work
- Offer assistance to people in your household, since they can access the EAP too



Examples

You can get help from your EAP when:

- Credit card bills seem impossible to pay and are causing you stress
- You are worried about your relationship with your spouse
- As you get older, you worry about whether you will have enough money to live comfortably
- You don't know how to talk to your kids about difficult subjects such as sex, drugs, and suicide
- Keeping up with all of your responsibilities feels overwhelming
- **Any thing else that is causing you stress.**

Confidentiality

The program is strictly confidential

Records are maintained by ComPsych[®]

Summary reports do NOT identify individuals



Available 24 Hours a Day

Call us anytime for solutions!

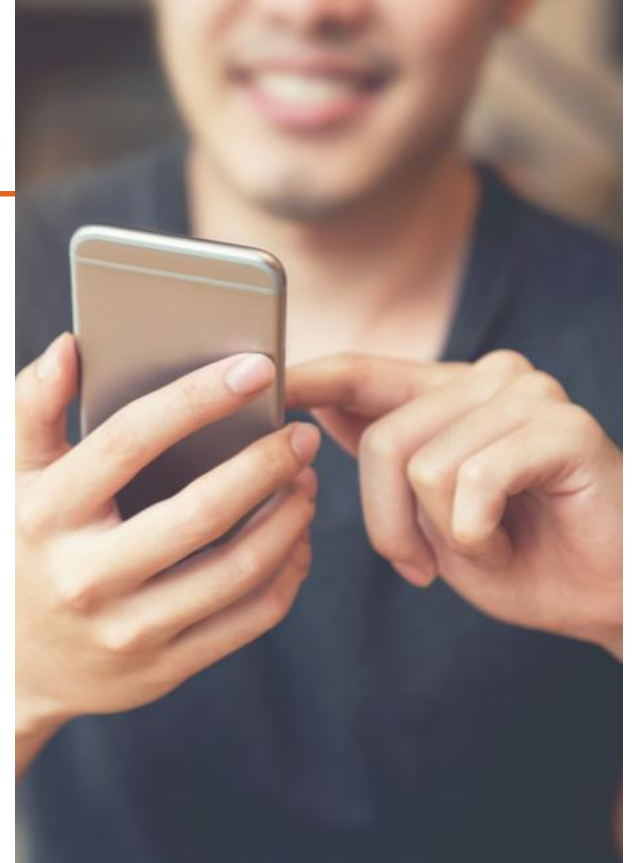
888-228-9831

Or Online:

www.GuidanceResources.com

Company Web ID: TXST

For you AND your household members



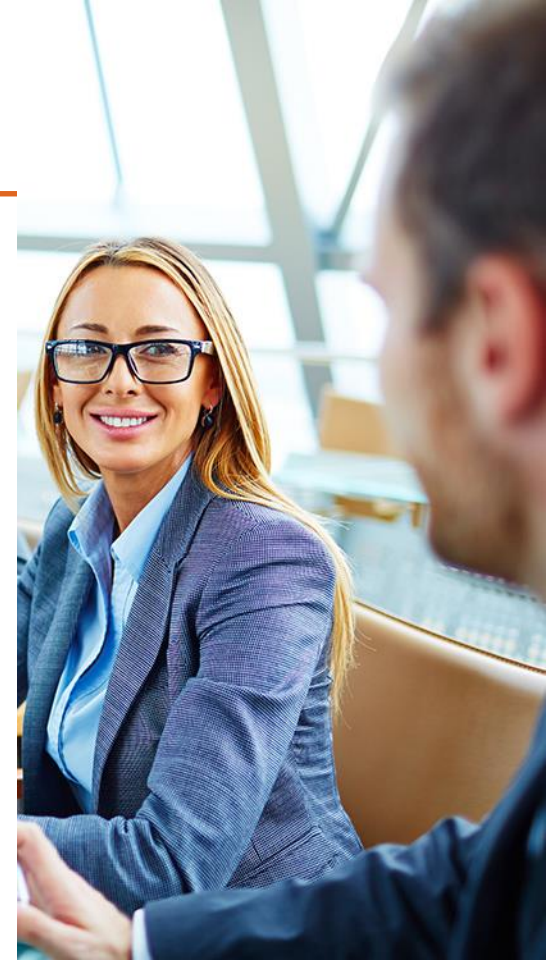
Confidential Counseling

Short-term Counseling (5)

- Address issues early
- No cost
- Confidential
- Voluntary

Long-term Counseling

- Continuing treatment for long-standing issues
- Refer to insurance or community resources



Legal Information and Consultation

Expert legal information from licensed ComPsych staff attorneys

- Unlimited access
 - Family law
 - Wills
 - Bankruptcy
 - Estate planning
 - Real estate
 - ID theft
- Local, quality referrals
 - 30-minute in-person consultation
 - Discounted legal fees

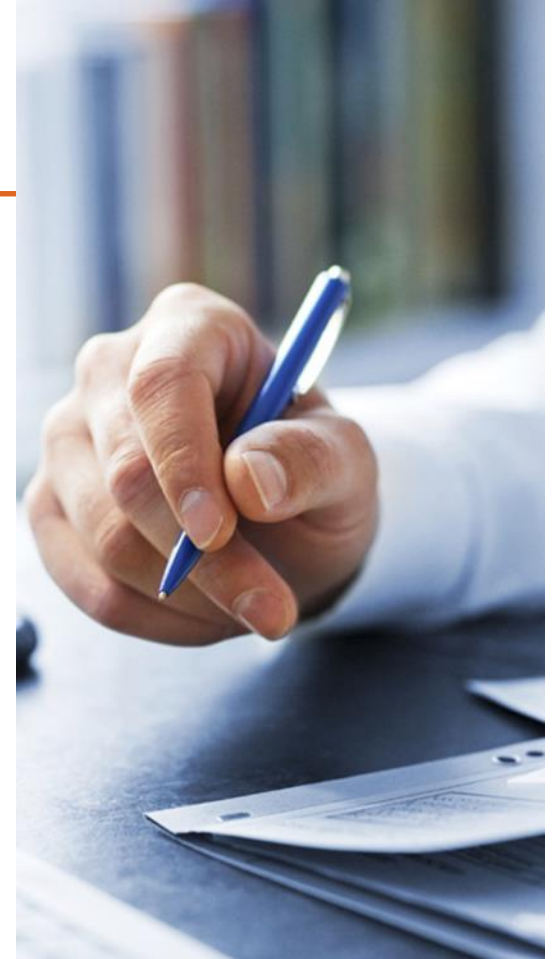


Financial Information and Consultation

Financial information from ComPsych[®] staff financial experts

- Unlimited access
 - Budgeting
 - Income tax
 - Credit
 - Real estate
 - Debt
 - Retirement planning

- Confidential and objective

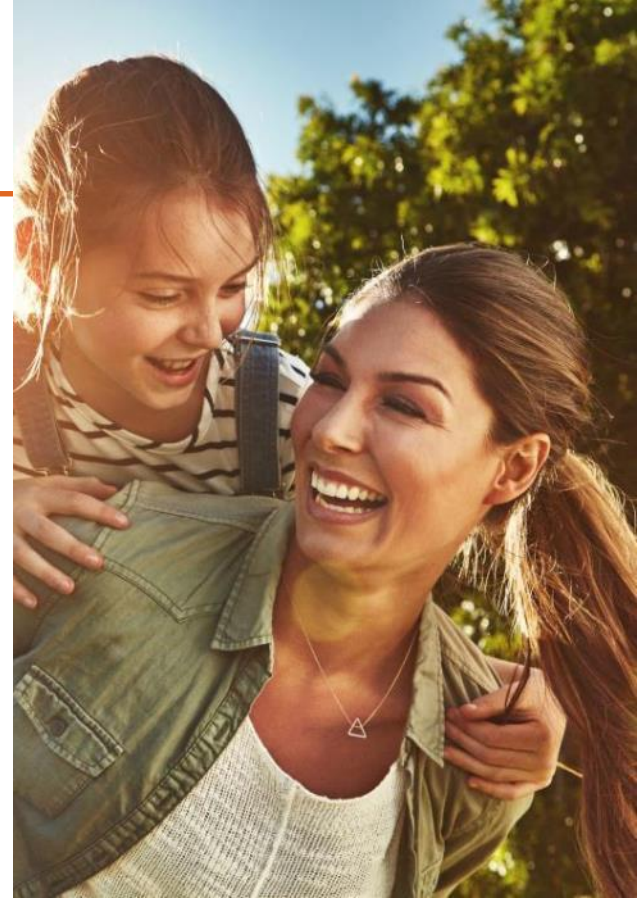


Work-Life Balance

Information, referrals and resources for work-life needs

Addressing work-life balance issues by providing practical information and referrals

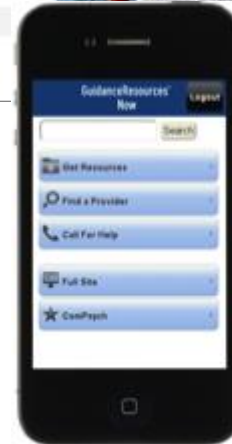
- Child and elder care
- Educational options
- Community information
- Event planning
- Home improvement
- Buying/selling a home, relocation
- Assistance with shopping and locating items



GuidanceResources[®] Online

Expert resources available 24/7

- Access from anywhere, anytime
- Click to Chat with a GuidanceConsultantSM
- HelpSheetsSM on thousands of topics vital to your employees
- Localized online resources — now in 65 countries
- Training programs



Online Information, Tools and Services



Welcome to GuidanceResources® Online

GuidanceResources Online is an award-winning, comprehensive, interactive service that provides expert content and unique tools to assist you in every aspect of your life, all in a secure, easy-to-use, personalized environment.



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[Help](#)

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Password

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Login

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To access, alter, or erase personal data, go to My Profile.

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Online Resources

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Wellness Relationships Work & Education Financial Legal Lifestyle Home & Auto Working Abroad More... 🇺🇸 👤 🔄

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BE SMART

Manage Your Personal Finances

Having a budget and reducing debt are important steps for financial stability. Learn to be financially smart this new year with this On-Demand Training.

[On-Demand Training >>](#)




BE BETTER

Eat Better

If being healthier is one of your New Year's resolutions, this guide can help you learn to make better food choices one step at a time. Learn more.

[Guide >>](#)



BE PREPARED

Is your estate in order?

Make being prepared for the unexpected one of your resolutions this year. Create an estate plan to ensure your family and assets are protected with EstateGuidance.

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Thank You for Attending

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