

An Overview of Your TriNet Employee Counseling Program

YOUR **life**



YOUR **work**



YOUR **best**[®]



Employee Counseling

Personal problems, life events or simply managing daily life can affect your work, health and family. Your Employee Counseling Program is a company sponsored benefit that is available to you, members of your household and your dependent children to provide confidential support, resources and information to get through life's challenges.

Your Employee Counseling Program is available 24 hours a day, seven days a week to provide assistance through any situation. This service, staffed by experienced professionals, provides completely confidential counseling services, including support for issues such as:

- › Personal, emotional or work-related stress
- › Alcohol or drug abuse
- › Marriage, family or relationship problems

When you, your household members or your dependent children call, a Guidance Consultant will listen and help develop a plan of action that can include:

- › Confidential advice and referral to a local counselor
- › 3 free counseling sessions per presenting problem, per year

Online Information, Tools and Services

GuidanceResources[®] Online is your source for expert information to assist with the issues that matter most, from personal or family concerns to legal and financial issues. You, members of your household and your dependent children have completely confidential, convenient access to a range of resources and services for your individual needs. You can:

- › Review in-depth HelpSheetsSM on the topics you select
- › Perform customized searches for child care, elder care, attorneys or financial services and referrals
- › Get answers to specific questions with the "Ask a Guidance Consultant" interactive tool
- › Learn more about employee counseling services
- › Access your HealthyGuidance Health and Wellness program

TriNet employees can also access GuidanceResources Online with a convenient, single sign-on through HR Passport.

All TriNet employees, their household members and dependent children have access to these resources and additional helpful information anytime.

Call: **800.630.4847**

TDD: 800.697.0353

Online: **guidanceresources.com**

Enter your company Web ID: **TRINETWELLNESS**

Support for a Healthier Lifestyle

TriNet provides resources for physical health with the HealthyGuidance Health and Wellness program. This site provides you, members of your household and your dependent children convenient on-line access to current, reliable and easy-to-use information as well as a host of interactive resources including:

- › Personalized health and wellness portal and tools
- › HRA—personalized health risk assessment with real-time individual reporting to identify top health risks and take action
- › 6-week learning modules on nutrition, exercise, diabetes disease prevention and cardiovascular disease prevention
- › "Ask the Expert" e-mail access to certified health coaches
- › Tools for meal planning, exercise planning and streaming video instruction on proper exercise techniques

All TriNet employees, their household members and dependent children can access HealthyGuidance anytime through GuidanceResources Online.



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TriNet
Ambitions realized™

24 HOURS A DAY

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