

# We can help you with that.

## Employee Assistance and Wellness Support.



Sometimes you need help to manage what life throws your way. Whether your needs are big or small, New York Life Group Benefit Solutions is there for you with our Employee Assistance and Wellness Support program. It can help eligible policyholders and members of your household find solutions and restore your peace of mind.

### Services include:

- › Emotional support and counseling
- › Well-being coaching
- › Family care services
- › Online resources

Scan here  
for additional  
information



### 24/7 Employee Assistance and Wellness Support



**Phone:** (800) 344-9752



**Website:** [guidanceresources.com](https://guidanceresources.com)

First time visitor? Click "Register" and enter "NYLGBS" as the Organization Web ID.

These programs are NOT insurance and do not provide reimbursement for financial losses. Some restrictions may apply. Customers are required to pay the entire discounted charge for any discounted products or services available through these programs. Some services are available at the option of the employer for an additional cost. All programs are effective for the participant on the first day of coverage. Full terms, conditions and exclusions are contained in the applicable client program description and are subject to change. Program availability may vary by plan type and location and are not available where prohibited by law. These programs are not available under policies issued by New York Life Group Insurance Company of NY.

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