

# A New GuidanceResources® Digital Experience: Your Personalized Care Journey



Everyone's health and well-being journey is different. To better guide you on yours, we are reimagining the GuidanceResources® portal and app experience to ensure you have the right support, at the right time and in the right way. Whether you are looking to self-schedule services, would like individualized resources suggested to you, or want a more holistic experience with highly-personalized care recommendations, you will find it on the new GuidanceNow<sup>SM</sup> app and [guidanceresources.com](https://guidanceresources.com) platform.

## Support Tailored to You

Designed with you and your personal well-being journey in mind, this new digital experience offers access to the same support and resources you have always valued, including mental, emotional, work-life, legal, financial and well-being support. But now you can choose how the platform works best for you:

### Connect Me

If you know what you want now, the **Connect Me** option offers our quickest path to care. With as little as two clicks, you can connect immediately with an expert or schedule appointments for services.

### Guide Me

Have an idea of what would help but could use some assistance finding it? The **Guide Me** option quickly assesses your area of need and directs you to the care options, tools, and resources most appropriate to your focus area. In just a few clicks, you can navigate one of more than 1,000 path options that lead to a variety of solutions, all tailored to your needs.

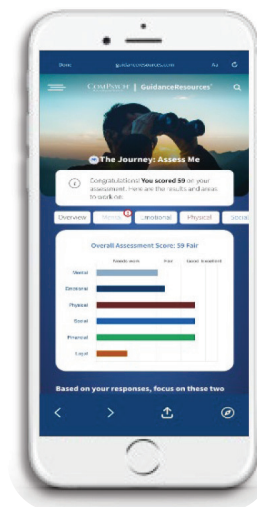
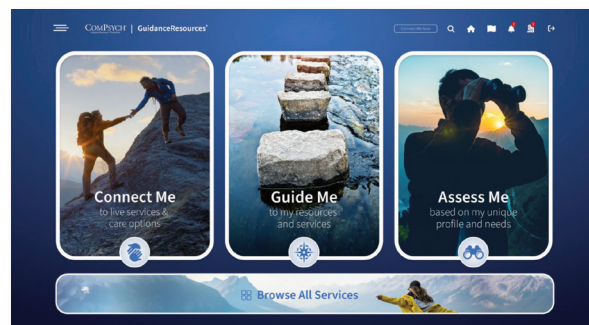
### Assess Me

Sometimes you may not be sure what the problem is and need help evaluating possible resources and solutions. In such cases, you can choose **Assess Me**, our most extensive care path. This option first guides you through a brief well-being assessment, which evaluates your needs across six primary care pillars: Mental, Emotional, Physical, Social, Legal, and Financial. The platform then measures and benchmarks your results and provides a series of personalized, multistep Well-Being Plans tailored to your specific areas of need.

For a more traditional experience, you can always visit "Browse All Services" and quickly view all the platform has to offer.

The new GuidanceResources® digital experience will be available Jan. 1, 2025. Keep an eye out for additional information coming soon.

*Everyone's journey is different. We're here to help you on yours.*



24/7 Live Assistance:  
Call:  
TRS: Dial 711



Online: [guidanceresources.com](https://guidanceresources.com)  
App: GuidanceNow<sup>SM</sup>  
Web ID:

