



## OFFICE OF HUMAN RESOURCES

### ABILITY ASSIST PROGRAM

The Hartford's Ability Assist program, offered by ComPsych, helps you and your family cope with life, from everyday to the unexpected. Whether managing everyday issues such as job pressures, relationships, retirement planning, or finding child care, or faced with grief, loss, or the impact of a disability. You and your family, including spouse and dependents, have access to Ability Assist at no additional cost to you as long as your employer offers a covered product from The Hartford.

Ability Assist offers comprehensive, not complicated, support you can trust:

**On the phone:** Counselors available 24/7, 365 days a year through a toll free number for assessment and consultations. Simply call 1-800-96-HELPS (1-800-964-3577)

**Face-to-Face** Ability Assist includes up to five face-to-face confidential sessions (or equivalent professional time) per year with a counselor, financial planner and/or legal advisor, or split among the three types of services. The five sessions per year are a combined total for you and your family.

You can access emotional and work-life counseling for a wide range of topics, such as stress, family or marital conflicts, major life changes, depression, effective parenting, chronic illness, and child and elder care.

You can get help for legal concerns including buying a home, divorce, or adoption.

Financial planning is available to you for retirement planning, budgets, saving for college, debt, and more.

**Online** An award winning online resource, called GuidanceResources Online (offered by Compsych) is available to you to provide trusted, expert information, resources, referrals and answers to everyday questions at your convenience.

Research hundreds of personal health topics or search child care, elder care, schools, attorneys or financial planners.

When you visit [www.guidanceresources.com](http://www.guidanceresources.com) as first time user, you will be asked to provide the following information on the profile page:

- Company /Organization ID: HLF902
- Create your own confidential User Name and Password
- At the bottom of the Personalization page, enter the Company name: abili

Ability Assist offers an expanded network of support. To help you access additional help, Ability Assist makes referrals to local resources and services, such as, self help groups, senior centers, and Certified Financial Planners and advocacy programs.

Use of these services is completely confidential. Your employer is not given personal information about who has used the service without written consent, except where required by law.

*For more information please contact the Office of Human Resources at 315-792-3276.*