



Call ComPsych® GuidanceResources® anytime for confidential assistance.

Call: **844.UCI.EAP3** (824.3273)
Go online: **guidanceresources.com**

TDD: 800.697.0353
Your company Web ID: **UCIEAP3**

As a UCI retired faculty or staff, you are entitled to utilize the GuidanceResources program at no cost to you or your household family members.

You worked hard to enjoy a comfortable retirement, but there are still personal, financial and legal issues that can affect your health and family in this next phase of your life. ComPsych GuidanceResources provides support, resources and information for these issues. This flyer explains how GuidanceResources can help you and your family deal with everyday challenges during your retirement.

Confidential Counseling

Someone to talk to.

It's never too late to ask for help. This no-cost counseling service helps you address stress, relationship and other personal issues you and your family may be facing. It is staffed by GuidanceConsultants™—highly trained master's and doctoral level clinicians who will listen to your concerns and quickly refer you to in-person counseling and other resources for:

- › Creating an identity when you're no longer working
- › Relationship/marital conflicts
- › Grief and loss
- › Depression and loneliness
- › Problems with adult children
- › Coping with an empty nest

Financial Information and Resources

Discover your best options.

You've saved for a long time to be prepared for retirement, but you still have questions about your financial plan. Speak by phone with our Certified Public Accountants and Certified Financial Planners on a wide range of financial issues, including:

- › Paying taxes on IRA withdrawals
- › Tax implications of selling your home
- › Understanding your investment options
- › Protecting your nest egg
- › Estate planning
- › Reverse mortgages

Legal Support and Resources

Expert info when you need it.

You earned your retirement, so it's important to protect your interests and your family. Talk to our attorneys by phone. If you require representation, we'll refer you to a qualified attorney in your area for a free 30-minute consultation with a 25% reduction in customary legal fees thereafter. Call about:

- › Real estate transactions
- › Debt and bankruptcy
- › Probate
- › Wills and trusts
- › Elder neglect
- › Power of attorney

Life Solutions

Delegate your "to-do" list.

Our Work-Life specialists will do the research for you, providing qualified referrals and customized resources for:

- › Elder care
- › Recreational activities
- › Moving and relocation
- › Pet care
- › Medical supplies
- › Home repair

GuidanceResources® Online

Knowledge at your fingertips.

GuidanceResources Online is your one stop for expert information on the issues that matter most to you during retirement...relationships, wellness, legal, financial, free time and more.

- › Timely articles, HelpSheets™, tutorials, streaming videos and self-assessments
- › "Ask the Expert" personal responses to your questions
- › Elder care, attorney and financial planner searches

UCI University of
California, Irvine



UC Irvine Health

Your GuidanceResources® Program

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