

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 GuidanceNowSM app and 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.

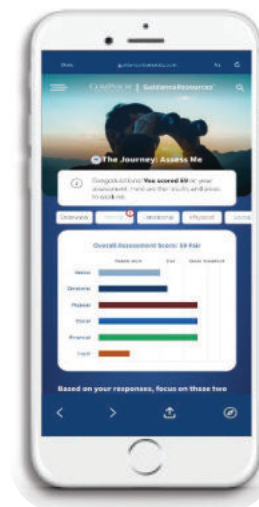
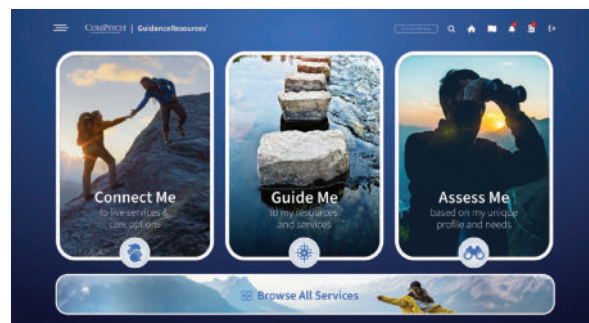
Assess Me

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.



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Online: guidanceresources.com
App: GuidanceNowSM
Web ID: ALBERTSONSCOMPANIES

