

Integrated Benefits

# Unlimited Counseling

## Support for Everyday Challenges

Compassionate counseling for individuals with personal, family, and work-related concerns, so they are supported when navigating life's challenges.



**RECURO**  
HEALTH

✓ Unlimited Consultations

✓ Financial Planning Advice

✓ Legal Assistance

✓ Family Support Assistance

✓ Strict Confidentiality

## Product Highlights



### Flexible Support for Most Needs

Access to guidance and resource referrals, whether an individual is a new parent, a caregiver, selling their home or needs legal advice.



### Mental Wellness Counseling

Providing confidential, professional counseling sessions for a wide variety of concerns.



### Financial & Legal Guidance

Legal and financial experts are available, in addition to in-app calculators for budgeting, loans, mortgages, and more.





**Digital  
Medical  
Home**

NEXTGEN CARE

BENEFITS



#### **Anxiety**

Cognitive therapy, medication recommendations and more.



#### **Depression**

Psychotherapy and medication options are effective treatments.



#### **Grief / Loss**

Talk therapy and coping strategies promote healthy healing.



#### **Marital Issues**

Counseling for navigating difficult challenges for couples.



#### **Stress & More**

Managing stress through multiple avenues and supporting other mental-health challenges.

## Product Details

#### **Unlimited Consultations**

Supporting individuals on topics such as caregiving, selling a home, legal advice and more.

#### **Legal Assistance**

Free over the phone or face-to-face legal consultations.

#### **Strict Confidentiality**

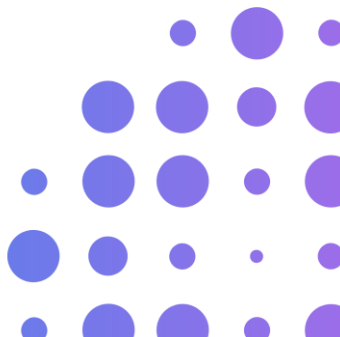
All sessions are 100% confidential.

#### **Family Support Assistance**

Consultations and referrals for everyday issues such as dependent care, auto repair, pet care, and more.

#### **Financial Planning Advice**

Expert financial planning and consultation services.



**81%**

### **Did you know?**

EAP counseling has helped improve outcomes for 81% of users with depression.

