

# Contact ★macy's inc LIFE SOLUTIONS anytime, anywhere

No-cost, confidential solutions to life's challenges.



## Confidential Emotional Support

Our highly trained clinicians will listen to your concerns and help you or your family members with any issues, including:

- Anxiety, depression, stress
- Grief, loss and life adjustments
- Relationship/marital conflicts



## Work-Life Solutions

Our specialists provide qualified referrals and resources for just about anything on your to-do list, such as:

- Finding child and elder care
- Hiring movers or home repair contractors
- Planning events, locating pet care



## Legal Guidance

Talk to our attorneys for practical assistance with your most pressing legal issues, including:

- Divorce, adoption, family law, wills, trusts and more

Need representation? Get a free 30-minute consultation and a 25% reduction in fees.



## Financial Resources

Our financial experts can assist with a wide range of issues. Talk to us about:

- Retirement planning, taxes
- Relocation, mortgages, insurance
- Budgeting, debt, bankruptcy and more



## Online Support

GuidanceResources® Online is your 24/7 link to vital information, tools and support. Log on for:

- Articles, podcasts, videos, slideshows
- On-demand trainings
- "Ask the Expert" personal responses to your questions



Your Macy's Inc. Life Solutions program offers someone to talk to and resources to consult whenever and wherever you need them.

Call: 1.86.MacysEAP (1.866.229.7327)

Your toll-free number gives you direct, 24/7 access to a GuidanceConsultant<sup>SM</sup>, who will answer your questions and, if needed, refer you to a counselor or other resources.

Online for colleagues:  
My IN-SITE > MY TOTAL REWARDS

Online for dependents and household members: [guidanceresources.com](http://guidanceresources.com) and enter Organization Web ID: 'MacysIncEAP'

App: GuidanceNow<sup>SM</sup>

Log on to access Macy's Inc. Life Solutions and connect directly with a GuidanceConsultant about your issue or to consult articles, podcasts, videos and other helpful tools.

TTY: 800.697.0353

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