



YOUR PATH TO SUPPORT

Start Where You're Comfortable. Move Forward Your Way.

1. Choose A Starting Point

Talk to a Guide



Personalized, private conversations

Join a Group Session



Listen in and learn with others

Explore Toolkits & Resources



Downloadable, self-guided support

2. Build Your Own Path Along The Way



I just want to explore



Toolkit



Group Session



Ongoing Sessions



I need to talk to someone now



Guide Call



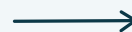
Continuous Calls



Group Session



I want a variety of support



Group Session



Toolkit



Guide Call

3. Just Keep Moving Forward



Get clarity on what matters most to you



Co-create a realistic plan with a Guide



Take action with ongoing support

There's no "right or wrong" way to use LifeGuides.

Just Start Here

To register, get your organization's unique link from your HR/Admin Team or our Wellbeing Concierge.

Need Assistance? Contact our Wellbeing Concierge

1-877-532-3472

concierge@lifeguides.com