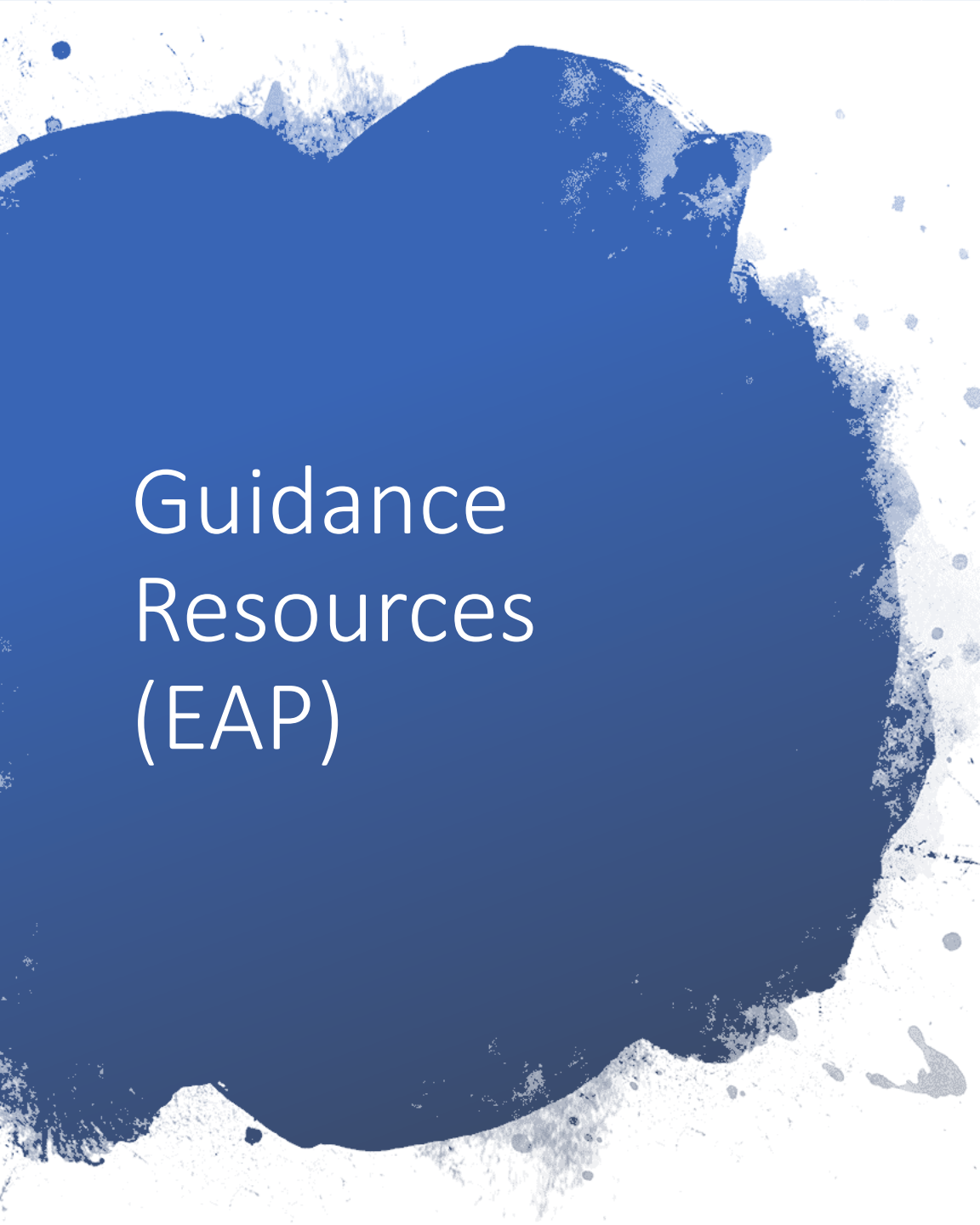


Member
Benefits





Guidance Resources (EAP)

Guidance Resources is available to staff members 24/7. You can choose to access via phone or on-line.

Phone: 800.774.6420 (TDD 800.697.0353)

On-line: www.guidanceresources.com

Company ID: CCS

You will need to register to use the online portal, by giving your company ID and an email address.

Guidance Resources (EAP)

The online portal gives you access to current articles and resources for a variety of topics. You also have the ability to reach out to a guidance consultant to ask specific questions.

WELLNESS TOPICS

Addiction
Emotional Well-being
Fitness & Nutrition
Grief & Loss
Personal Growth
Personal Safety
Physical Health
Pregnancy
Stress & Anger Management

RELATIONSHIPS TOPICS

Child Care
Divorce & Domestic Issues
Elder Care
Expanding a Family
Marriage & Relationships
Parenting
Special Needs & Gifted
Children

WORK & EDUCATION TOPICS

Career Development
College & Graduate School
In the Workplace
K-12 School
Manager Guidance
Military
Personal Development

Guidance Resources (EAP)

FINANCIAL TOPICS

Consumer Issues

Debt & Bankruptcy

Estate Planning & Elder Care

Insurance

Personal Finance

Real Estate

Tax

LEGAL TOPICS

Consumer Issues

Criminal Law

Debt & Bankruptcy

Estate Planning & Elder Law

Family Law

Insurance

Lawyers & Court

Personal Injury & Health Law

Real Estate

Tax

Guidance Resources (EAP)

LIFESTYLE TOPICS

Computers & Electronics

Food & Beverage

Going Green

Pets

Planning an Event

Shopping & Consumer Rights

Travel

HOME & AUTO TOPICS

Buying & Selling an Auto

Driver Safety & Education

Home Improvement &

Maintenance

Home Safety & Security

Moving



Guidance Resources (EAP)

The district does not get detailed information about employees or the services utilized by specific employees. The district only receives information regarding the quantity of employees utilizing guidance resources, in general.

If you or a colleague is experiencing any issues in the covered topics, please consider using Guidance Resources (EAP) for additional resources.

CCS Wellness

Located on the CCS Staff web page, the wellness link offers a variety of tools and services to all CCS employees.



BIOMETRIC CLINICS
•Coming January 2019.

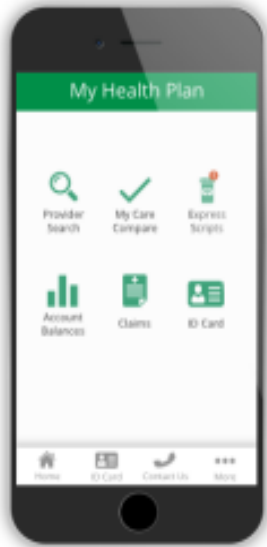


CCS Wellness

Are you looking for customized wellness programming for your staff? We offer special wellness programming during Professional Development days, Records days, staff appreciation, meetings and afterschool events when staff are available and together in a building. Per your request we will work with you to choose the topic and program that best fits the interest and objectives of your staff. Contact syerramilli@columbus.k12.oh.us for more information.



We also have access to an Affiliate Relations Specialist who is able to provide member presentations on a variety of topics such as retirement, identity theft/fraud, and long-term health care

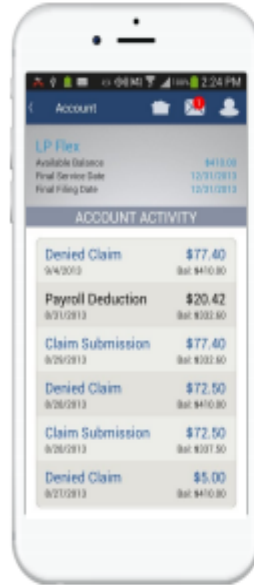


Medical Mutual of Ohio

Manage your health plan information - anytime, anywhere.

You can:

- View your claims
- Access your ID card
- Check your deductible and out-of-pocket spending
- Find a provider



Discovery Benefits

Save time and hassles while making the most of your FSA health benefit accounts by quickly checking your balances and details and substantiating claims by taking a picture of your receipt, through the app, and submitting it electronically. The secure app makes managing your health benefits easy through real-time access and intuitive navigation to all your important account information on the go!



Express Scripts

With the Express Scripts mobile app, managing your medication is a snap!

You can:

- View orders
- Check drug interactions
- Find the closest retail pharmacy
- Transfer a prescription to Home Delivery
- Get personalized alerts to help make sure you're following your doctor's prescribed treatment plan

CCS Insurance Apps



Vision Service Plan

Manage your eye care needs at any time, and from anywhere, with VSP Vision Care On The Go.

You can:

- Find a doctor
- Check your coverage
- Access your vision card
- Shop the latest eyewear fashions 24/7



Delta Dental of Ohio

The Delta Dental mobile app makes it easy for you to get the most of their dental benefits anytime, anywhere.

You can:

- Find a dentist
- Use a tooth brushing timer
- Check claims
- View coverage
- Display ID card



Virtual Doctor's Visit Cleveland Clinic Express Care

Express Care Virtual provides a convenient alternative to a traditional doctor's office or urgent care visit. Visit with a licensed, board-certified health care provider by video using your smartphone or tablet. Get a diagnosis and treatment and doctor's note as needed. There's no waiting and no hassle. Just excellent care.

CCS Insurance Apps



CEA Members have two options for discounted legal services.

1. Prepaid Legal Services (9/30 deadline): Members pay a flat yearly fee entitling you to some general legal services; once flat rate used- reduced rate for additional services
2. General Legal Services: Members get four (4), free, thirty (30) minute consultations. Reduced rate for general practice (wills, basic estate planning, traffic, domestic, etc...)

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