



Retirement Readiness: Beyond the Financials

Supporting employees through the transition

- not just the milestone

mysupportlinc.com | Group code: **rad**y

1-888-881-LINC (5462)



Help – Anytime, Any Stage

Whether you're feeling overwhelmed or need help with everyday challenges, **SupportLinc is just a call, tap or click away.**

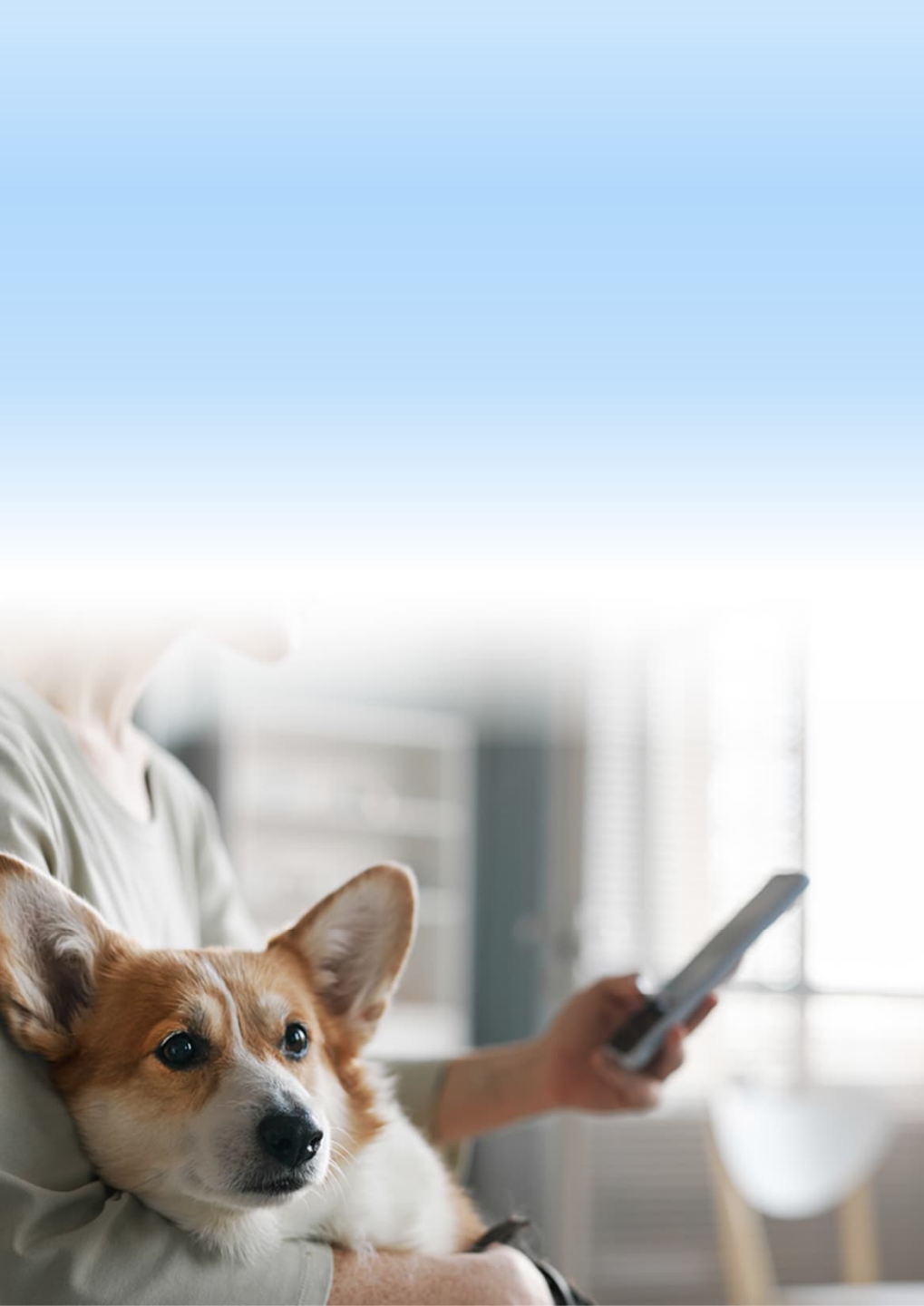
This confidential program is provided by your employer and available to you and your household members, **at no cost to you.** Including dependents under the age of 26 whether they live in the home or not.



Supporting the Emotional Transition to Retirement

Before Retirement	During Transition	After Retirement
<p>What's Happening:</p> <ul style="list-style-type: none"> ✓ Anticipation mixed with uncertainty ✓ Questions around identity, purpose, and timing ✓ Financial decisions creating emotional strain 	<p>What's Happening:</p> <ul style="list-style-type: none"> ✓ Loss of routine and daily structure ✓ Identity shift ✓ Relationship and lifestyle changes ✓ Risk of isolation or disconnection 	<p>What's Happening:</p> <ul style="list-style-type: none"> ✓ Ongoing adjustment to new lifestyle ✓ Maintaining purpose and social connection ✓ Evolving family or caregiving roles
<p>How we Support:</p> <ul style="list-style-type: none"> ✓ Care Advocate guidance to talk through concerns ✓ Short-term counseling to process stress and uncertainty ✓ Financial + legal consultations ✓ Mental health check-in and self-guided tools 	<p>How we Support:</p> <ul style="list-style-type: none"> ✓ Short-term counseling to navigate emotional shifts ✓ Personalized care plans for structure and next steps ✓ Work-life resources (community, caregiving, logistics) ✓ Journaling, mood tracking, and guided paths 	<p>How we Support:</p> <ul style="list-style-type: none"> ✓ Continued access to counseling and coaching ✓ Digital tools to support long-term wellbeing ✓ Content library, Mindstream sessions, and toolkits ✓ Community and lifestyle resources

Retirement readiness isn't just about financial planning—it's about supporting identity, connection, and wellbeing through every stage of the transition.



Emotional & Social Transition

Our Care Advocates provide expert guidance to support individuals as they navigate the emotional and social shifts that often accompany the transition into retirement.

- **In-the-moment support** by phone from a licensed clinician, available 24/7/365
- **Talk through the emotional shift of retirement**, including identify, purpose, and daily routine
- **Navigate relationship changes with partners**, family members, and evolving social circles
- **Receive help for mental and emotional health concerns** like stress, anxiety, depression
- **Get a personalized plan** to guide care and next steps based on your needs



Counseling

Gain clarity, build coping skills and feel supported.

8 sessions per topic, per year, available to you through the program

- Short-term, solution-focused support
- Care for concerns like substance use, anxiety, family issues, life transitions and more
- Supportive starting point for your mental health journey

Help is always within reach

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Schedule care

Get Care → Schedule appointment → **Follow the prompts to choose the best option**

Consultations for legal, financial and identity concerns

Help with legal questions

Free 30-minute consultation with a local attorney, by phone or in person, for each new legal concern.

Support for financial decisions

Consult with a licensed financial professional for budgeting, planning and major financial decisions.

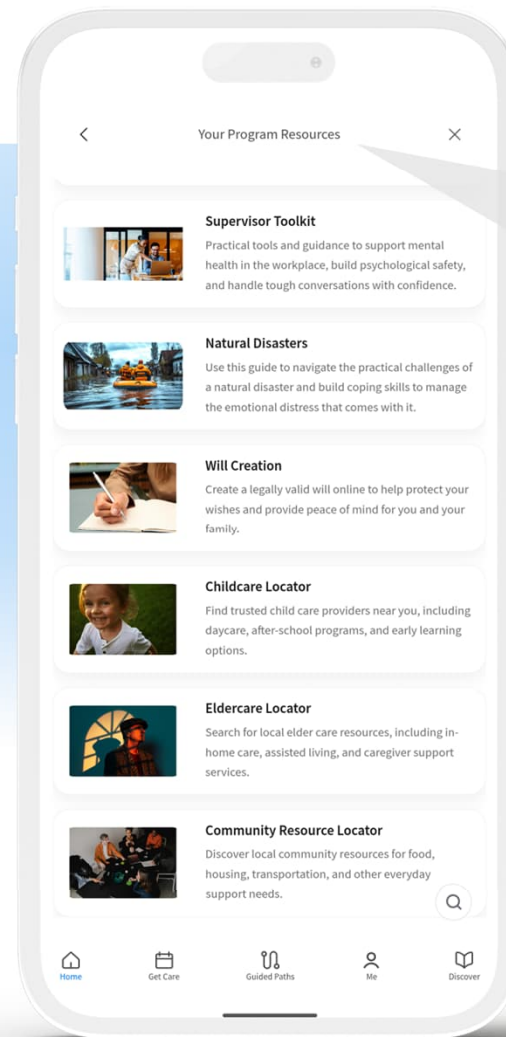
Support after identity theft

Free consultation and a tailored action plan from identity recovery professionals.

Practical Support, Work-Life Resources

Online tools and resources designed to help manage everyday responsibilities

- **Find childcare options** that fit your schedule and family needs
- **Locate eldercare services** to support loved ones and caregiving decisions
- **Access community resources** for food, housing, transportation, and other everyday needs



Find resources

Main Menu → Your Program Resources
→ Scroll to explore

Explore your digital wellbeing tools

Mental health check-in

A short questionnaire that helps you understand your needs and find the right support.

Mood tracker

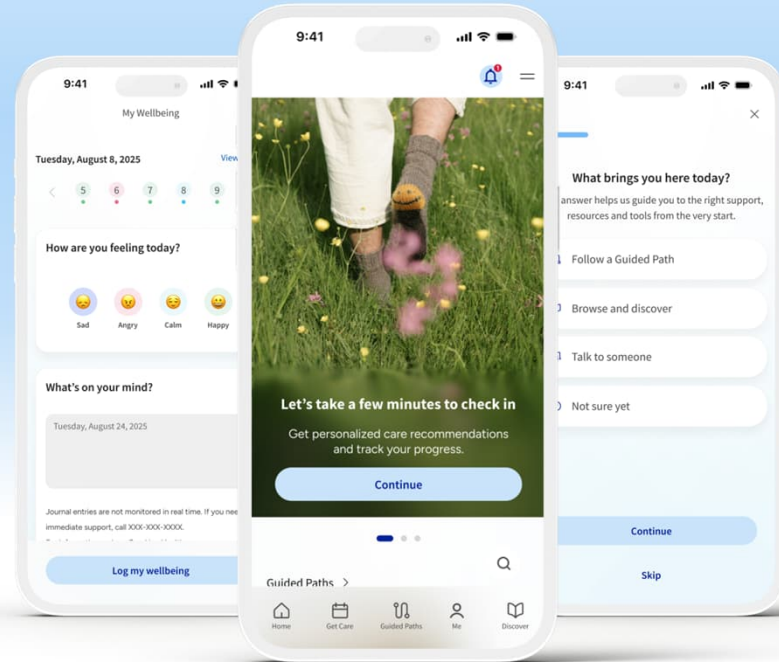
Daily tool to help you notice how you're feeling and track patterns over time.

Guided paths

Self-guided experiences that strengthen emotional resilience and help you work toward personal goals.

Work-life resources

Resources to support everyday life needs, including childcare, eldercare and community support.



dCBT & Mindstream™

Tools and sessions designed to support stress management, skill-building and wellbeing.

Appointment scheduler

Easily schedule appointments with counselors, coaches or work-life consultants.

Journal

Private space to write, reflect, and gain clarity when thoughts feel overwhelming.

Content library

Helpful articles, videos, exercises and guided meditations you can explore anytime.

Toolkits

Guidance to help you manage stress, find balance and navigate everyday life and work challenges.

Immediate crisis support

Live 24/7 telephonic access to licensed mental health clinicians

Text coaching

- ✓ 24/7/365 access on any device
- ✓ No appointments, no wait times

Counseling and coaching

Verified availability, virtual or in-person

- ✓ **Care aligned with unique needs:** Age, race, gender identity, LGBTQIA, religion
- ✓ **Speed to care:** Average 2.1 days; urgent and emergency cases within one day
- ✓ **Prioritized referrals** to high-quality providers
- ✓ **Evidence-based care**
 - Solution-focused brief therapy
 - Cognitive behavioral therapy
 - Acceptance and commitment therapy
 - Mindfulness-based cognitive therapy
- ✓ **Independent licensure at the highest state level** (LCPC, LCSW, LMFT, PhD/PsyD)

Mental health check-in

- ✓ Short questionnaire that assesses mental health needs and directs members to the right support

Virtual group support

- ✓ 30-minute anonymous group sessions covering a variety of clinical and sub-clinical topics
- ✓ Hosted by licensed counselors and accredited coaches

Digital therapy (dCBT)

- ✓ Self-guided digital mental health treatment featuring evidence-based content and practical resources to foster meaningful behavior change

Work-life benefits

Expert consultation and referrals

- ✓ Dependent care
- ✓ Local aid and support
- ✓ Legal and financial
- ✓ Identity theft

Key features

- Unlimited use
- Counseling integration
- Feature-specific communication
- Kits and resources

Guided paths

- ✓ Self-guided experiences that strengthen emotional resilience

Mood tracker

- ✓ Daily tool to recognize emotions and track patterns

Journal

- ✓ Private space to write, reflect, and gain clarity when thoughts feel overwhelming

Content library

- ✓ Helpful articles, videos, exercises and guided meditations

Mindstream™

- ✓ Audio and video sessions to improve wellbeing

Interactive toolkits

- ✓ Meditation
- ✓ Sleep Fitness
- ✓ Addiction
- ✓ Resilience
- ✓ Parenting
- ✓ Mindfulness

Support that's here for you

Whether you're looking for guidance, tools or someone to talk to, support is available to meet you where you are and help you move forward with confidence.



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