



Access Self-Led Wellbeing Resources Whenever You Want on **CarebridgeNow.com**

From engaging videos, courses, articles, calculators, and more:
Carebridge has the resources you need to help you thrive!

MENTAL HEALTH

- **Self-Assessments** for Anxiety, Depression, Gambling, PTSD & Alcohol Use
- **Custom Courses** for Stress, Grief, Depression, Conflict, Burnout & Anxiety
- **Informative Articles** on a Variety of Emotional Wellbeing Topics

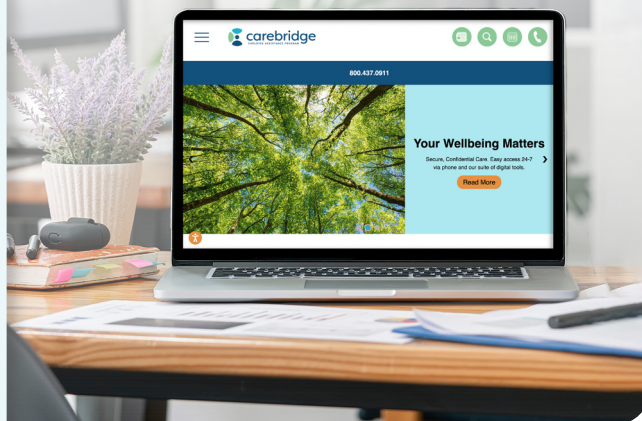
WELLNESS

- **Wellness Video Library** with Engaging Content Led By Subject-Matter Experts
- **Positive Behavior Change Resources** for Mindfulness, Goal-Setting, Nutrition, and Fitness

WORK-LIFE

- **Exclusive Discount Shop** with Deals on Apparel, Electronics, Pet Supplies, and Travel
- **Financial Calculators** for Personal Finance, Debt Management, and Retirement
- **Locator Services** for Childcare/Adult Care
- **Helpful Articles** on Parenting, Caregiving, Financial Wellness, and Workplace Support

And More!



Register for CarebridgeNow in 5 Easy Steps!

1. Visit **CarebridgeNow.com**
2. Click **“Register”**
3. Fill out your information including your company’s **access code**
4. Select the **register button**
5. Verify your email **and you’re set!**

YOUR ACCESS CODE:
BDJBP



800.437.0911
clientservice@carebridge.com
carebridgenow.com

From Prevention to Intervention, Carebridge Can Help.

When Should I Contact Carebridge?



What is included in this benefit?

- Mental Health Support
- Virtual Support Groups
- Life Coaching
- Work-Life Services
- Online Tools






Will my employer know I called?

No, these services are confidential.

Do I have to pay for counseling or coaching?

No, sessions with Carebridge are available at no cost to you.

Counseling options include:

-  In-Person
-  Video
-  Phone
-  Chat
-  Text

How do I contact Carebridge?

800.437.0911

clientservice@carebridge.com
[CarebridgeNow.com](https://carebridgenow.com)



Download the
Carebridge EAP App



Proactively Support Your Wellbeing

Access engaging tools to help **proactively support your wellbeing** in ways that fit your unique needs and schedule.

Your Wellness, **Your Way.**



Get answers to your wellness questions during our **Live Monthly Ask a Coach Q&A Sessions**. You'll interact with the coach and other members in a safe and positive space to help motivate you on your journey!



Watch engaging videos on a variety of topics led by informative & accessible experts in our **extensive Wellness Library** – whenever you want.



Boost your wellness with **robust resources for Positive Change** including mindfulness, goal setting, fitness & nutrition, and more.



Visit **CarebridgeNow.com** Today

Access Our Tools Wherever You Are

- All of our resources, **in one convenient place**
- Download the **Carebridge EAP App**

Talk it Out, Whenever You Want

- Chat with Tess about what's on your mind
- Text "Hi" to **415.360.0039**



Put Your Wellbeing First.
Try out these tools today.

From Prevention to Intervention, Carebridge Can Help.

Presenting Tess

An EAP AI Coach




Carebridge is introducing, Tess, an innovative AI technology offering expanded options to employees and their loved ones seeking to improve their emotional wellbeing and mental health. Built by clinical psychologists, Tess is a mental health tool that coaches people through tough times to build resilience through text message conversations—similar to texting with a friend or coach. Through consistent text-based messaging, Tess aims to provide guidance that's most relevant to the user. Tess provides quality support when and where you need it. Tess is influenced by evidence-based approaches such as cognitive-behavioral therapy. Tess is not intended to replace psychologists or clinicians in diagnosing conditions or prescribing medical or psychiatric treatment. Text “hi” to **415.360.0039** and initiate a conversation with Tess*.

*Tess is not for use by individuals under the age of 13.

*NOTE: Only available for US Domestic text messaging.

Mental Health Counseling

You are **not** alone.
Mental health care is available—
at no cost to you.



There is no shame in working with a mental health care professional. Carebridge has licensed counselors available 24-7 to help you cope with stress, anxiety, depression, conflict, grief, or addiction.



For confidential care 24-7,
call **800.437.0911**
or email clientservice@carebridge.com

Increase Your Motivation with a Life Coach

Proactively make positive changes for your wellbeing



A certified life coach can help you assess your current lifestyle, define an achievable goal, and develop a plan of action for:

- Improving your sleep
- Building self-confidence
- Reducing stress
- Career planning
- Exercising more
- Eating mindfully
- Getting organized
- Financial budgeting
- Learning to be more assertive
- Boundary setting

Legal Resources & Consultation



When legal concerns arise, knowing where to turn for professional guidance is essential. Your Carebridge legal benefit includes free access to qualified and experienced attorneys. Simply call 800-437-0911 to access this service, or email clientservice@carebridge.com for additional information.

Your legal benefit entitles you to one 30-minute free consultation per separate legal matter. In the event that you decide to retain an attorney after the consultation, you will be entitled to a discounted hourly rate. You can use your benefit for most types of legal matters. Types of issues for which a member may use this program include:

- Civil/Consumer
- Personal/Family
- Criminal Matters
- Real Estate
- Estate Planning
- IRS Matters

Should you wish to create your own legal documents, instant access to hundreds of legal forms covering most situations is available at carebridgenow.com.

Legal consultation and referral services are not available for second opinions, third-party advice, or employer-related issues.

Disclaimer: Any engagement of an attorney beyond EAP-covered consultations is at the sole discretion of the member and becomes a private agreement. The EAP and its vendors are not responsible for services rendered outside the scope of the benefit.