

Carebridge Can Help.



**Your Employee Assistance Program (EAP)
is available to help you with concerns regarding:**

*Addictions • Relationships • Depression • Grief • Stress
Parenting • Child Care • Adoption • Eldercare • Work Issues
Personal Finances • Education • Legal Assistance • Relocation
Wellness • Pet Care • Convenience • Life Balance*



Free, Confidential Personal Consultation & Assistance

800.437.0911 • clientservice@carebridge.com • www.myliferesource.com

24 Hours a Day, 7 Days a Week

Your Access Code : **WBPNF**



Finding Child Care to Suit Your Family's Needs



Carebridge Child Care Specialists are ready to assist you with the most challenging child care arrangements. You have access to unlimited confidential consultations. Resources and referrals are available in the following areas:

In-Home Care

Day Care Centers

Babysitters

Afterschool Programs

Back-up Care

Summer Camps

Baby Nurse/Doula

Au Pairs

Family Day Care Homes

Carebridge Child Care Services are available to covered employees and their families at no cost. Contact Carebridge any time by calling **800.437.0911** or emailing **clientservice@carebridge.com**. For online services logon to: **myliferesource.com**. All services are confidential.



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Convenience Services

Your time is valuable. Let Carebridge help you find the resources you seek on the concerns that matter to you.

Trying to fit everything into your daily schedule can sometimes be difficult. Carebridge Convenience Services can save you time and effort by providing information and resources to address needs in areas such as pet care, recreation, household services, transportation, and other pressing life concerns.

Call Carebridge to talk with a Convenience Services Specialist to get started finding the information you need. You'll discover ease and expediency in finding useful information and resources. All resources are independent of Carebridge Corporation.

Contact Carebridge, 24/7, by calling **800-437-0911** or emailing **clientservice@carebridge.com**. For online services log on to: **www.myliferesource.com**.



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Life Changing Assistance for Depression Improve the Way You Feel and Think

The symptoms of depression vary greatly from feeling sad or “blue” to extreme despair, hopelessness, and helplessness. Some people may also feel irritable, angry, and “not like themselves.” Depression often interferes with attendance at work or your ability to perform at your best. It can cause problems with concentration, memory, sleep, and appetite. It can disrupt normal sources of enjoyment — including meaningful relationships.

Waiting for depression to go away, only worsens the symptoms. ***Depression is treatable.*** You or a loved one do not need to continue suffering. Your EAP benefit provides private clinical consultations at no cost to you or your loved ones.

Carebridge Services are an employer-sponsored benefit available to employees and their loved ones, free of cost. Contact us at **800.437.0911** or **clientservice@carebridge.com** — **24 hours a day, 7 days a week.** Additional resources are available at **myliferesource.com**. All services are confidential.



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DISCOVER THE CAREBRIDGE DISCOUNT SHOPPING CENTER!

Carebridge's members-only **Discount Shopping Center** provides you with access to hundreds of brand name retailers and local merchants — all in one online marketplace.

You'll find exclusive offers and discounts that you won't find anywhere else. We negotiate the best deals and regularly update the offers to help you stretch your hard-earned dollars. From clothing to vacations, you'll find it all on Carebridge's **Discount Shopping Center!**

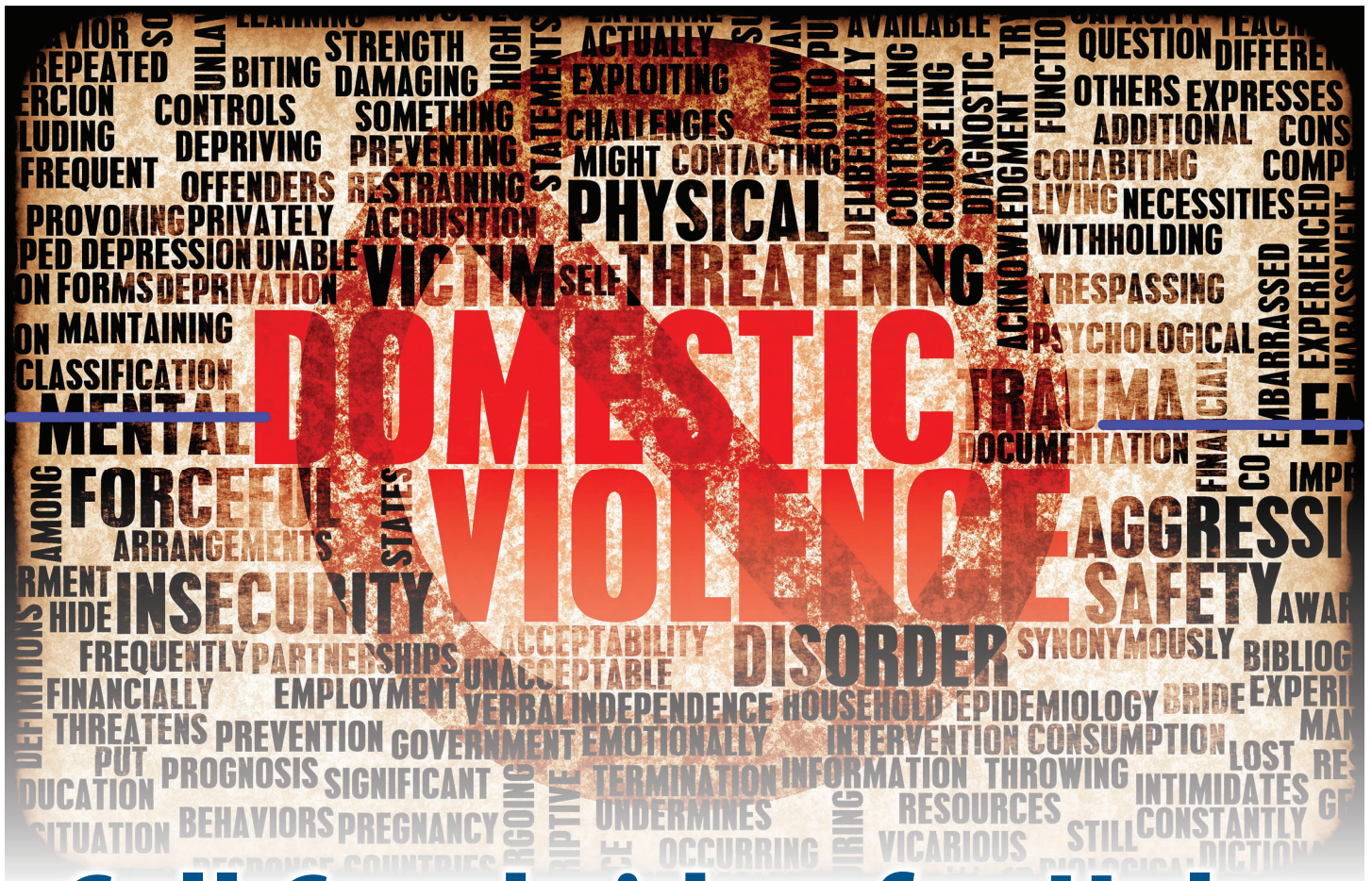
FIND THE DEALS YOU'VE BEEN LOOKING FOR

- Apparel
- Auto
- Books & Games
- Entertainment
- Home & Garden
- Hotels & Travel
- Beauty
- Electronics
- Flowers
- And more!

SAMPLE BRANDS

- Disney
- Banana Republic
- AMC Theaters
- Starbuck's
- GlobalFit
- Dell
- PetSmart
- Eddie Bauer
- Barnes & Noble
- And more!

To access **Discount Shopping** and Carebridge's entire suite of online services login to: **www.myliferesource.com**. Your Secure Access Code is: **WBPNF**



Call Carebridge for Help.

The emotional scars of domestic abuse and intimate partner violence are deep. The hurt impacts the immediate victims and extends to their families, friends, and colleagues. Carebridge Employee Assistance Program (EAP) provides free, confidential services to both victims and survivors of abuse and violence.

The EAP is committed to helping employees and their loved ones with immediate counseling support services, referrals to community resources, and safety planning for home and work. Assessment and referral services are available for those who are concerned about their own abusive behaviors.

Carebridge EAP Services are an employer-sponsored benefit available to employees and their loved ones by calling **800.437.0911**. Additional resources are available at www.myliferesource.com. Services are confidential except in situations involving imminent threat of harm to self or others, child or elder abuse, or by court order. Services are not available to the general public.



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Education Services for the Entire Family



Learning begins from the moment you enter the world and continues throughout life. At times, finding the best educational opportunities for yourself or your family can be challenging and time-consuming. Carebridge Education Services can expedite your search for the proper resources.

Education Specialists assist parents with sources to evaluate schools, tutors to help a child achieve, vocational schools and colleges for the high school graduate, and programs to assist students with learning differences and disabilities. Adults seeking personal improvement, continued education, or wellness and recreational courses can enhance their searches with one phone call.

Carebridge consultation services are available to covered employees and their families at no cost. Employees will be responsible for costs associated with the use of any referrals and resources. Contact Carebridge anytime by calling **800.437.0911** or emailing **clientservice@carebridge.com**. For online services logon to: **myliferesource.com**.



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Eldercare Services

Caring for a loved one comes with rewards and challenges. There's often not enough time in the day for working adults to manage all aspects of their busy lives including work, personal, and caregiving responsibilities. However, you are not alone if you are the primary caretaker for an elderly or disabled family member.

Carebridge Eldercare Services are available to assist you. You have unlimited access to confidential consultations with experts. Resources and referrals in the following areas can also help you find the right care for your loved one.

Assisted Living

Home Health Care

Hospice

Adult Day Care

Alzheimer's/Dementia

Support Groups

Elder Law

Estate Planning

Medicare/Medicaid

Carebridge Services are available to covered employees and their families at no cost. Contact Carebridge at **800.437.0911** or **clientservice@carebridge.com**, 24 hours a day, 7 days a week. Visit **myliferesource.com** for additional information. All services are confidential.



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Is Winning the Lottery a Major Part of Your Financial Plan?

Your financial well-being isn't something you need to gamble on. It can be achieved with education and effort. Carebridge Personal Financial Specialists are available by telephonic consultation to assist you with:

- Exploring your financial aspirations
- Identifying information and resources tailored to your needs
- Aligning your lifestyle to your budget
- Establishing healthy financial habits and behaviors

The assistance you receive from Carebridge is confidential and available at no cost to you. Carebridge does not provide investment advice, nor do we sell financial products. Contact Carebridge at **800.437.0911** or **clientservice@carebridge.com**, 24 hours a day, 7 days a week. Visit **myliferesource.com** for additional information.

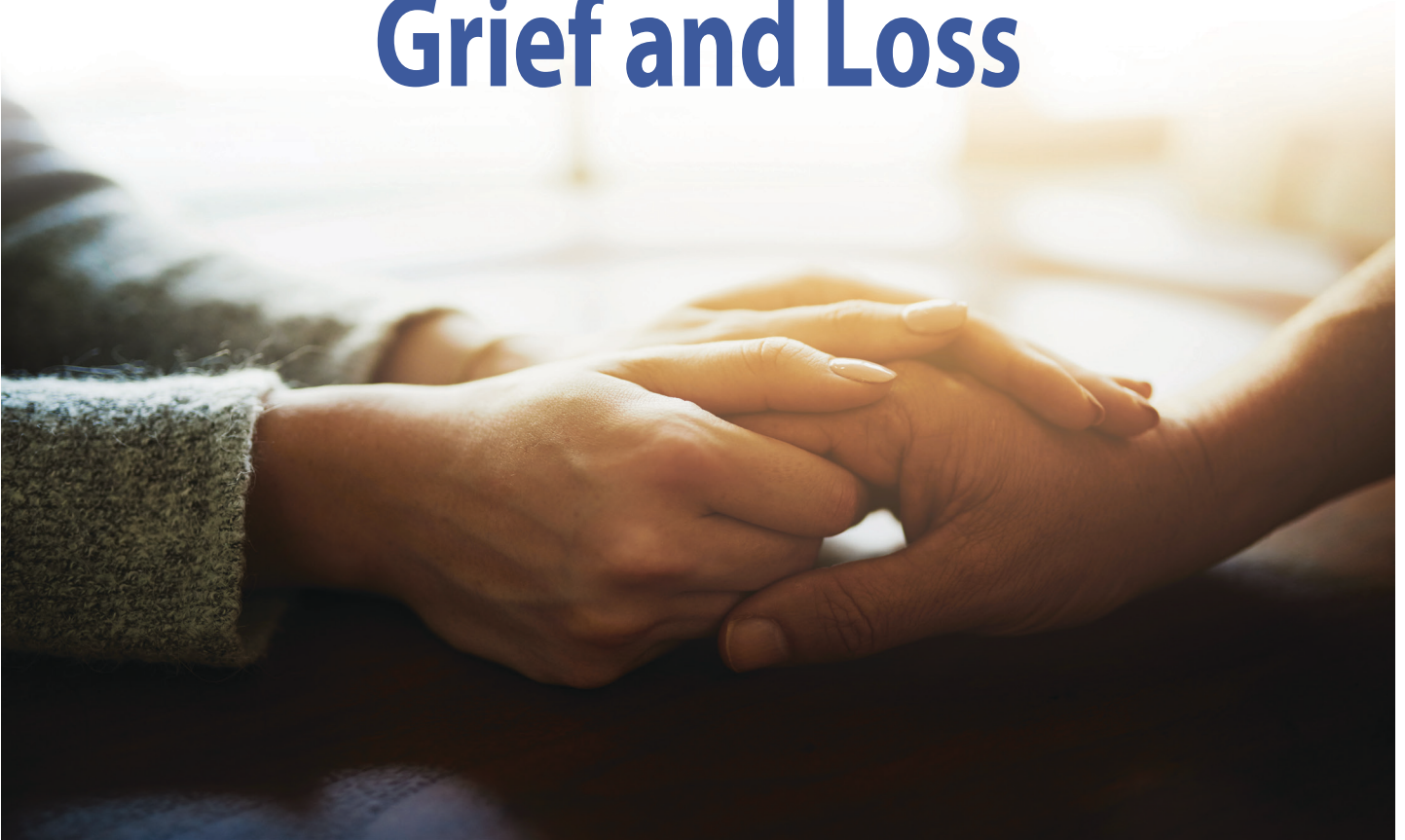


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Help for Grief and Loss



Grief is a sorrowful reaction to loss. It is a common reaction to death and other significant endings. Grief is the messenger that life has changed. Grief requires acceptance of learning to live differently one moment at a time and then one day at a time.

If grief is overwhelming, your Carebridge EAP benefit can help. Counselors can assist you with understanding your loss and making your way through the healing process. It is never too soon or too late to talk about your pain.

Contact Carebridge at **800.437.0911** or **clientservice@carebridge.com**,
24 hours a day, 7 days a week. Visit **myliferesource.com** for additional information.
All services are free and confidential.



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Literacy skills are crucial in today's world.



Adult literacy programs assist adults in becoming well-educated and obtaining the knowledge and skills necessary for self-sufficiency, employment, and advancement at work. For those who are parents or guardians, literacy programs can help them obtain the skills necessary in becoming full partners in the educational development of their children. For many adults, literacy programs offer support in obtaining a secondary school credential.

Carebridge Specialists can help you or a loved one with adult literacy information and resources to improve the following skills:

- Basic Literacy (reading, writing, basic math below the 9th grade level)
- English Language Learning (ELL)
- High School Equivalency Degree
- Financial, Digital, and Health Literacy
- English Language/Civics Education

For assistance, contact Carebridge at **800.437.0911** or clientservice@carebridge.com, 24 hours a day, 7 days week. Visit myliferesource.com for additional information. All services are free and confidential.



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Managing Stress during Uncertain Times



Carebridge can help.

Managing stress during uncertain times can be challenging. Living with *too much stress* results in jeopardized health and well-being. Stress management can help you learn healthier ways to cope with stress and reduce its harmful effects.

Your free, confidential EAP benefit provided through Carebridge Corporation is available to assist you 24/7 by calling **800.437.0911** or by contacting **clientservice@carebridge.com**. Educational resources are available on **myliferesource.com** and the Carebridge EAP App.



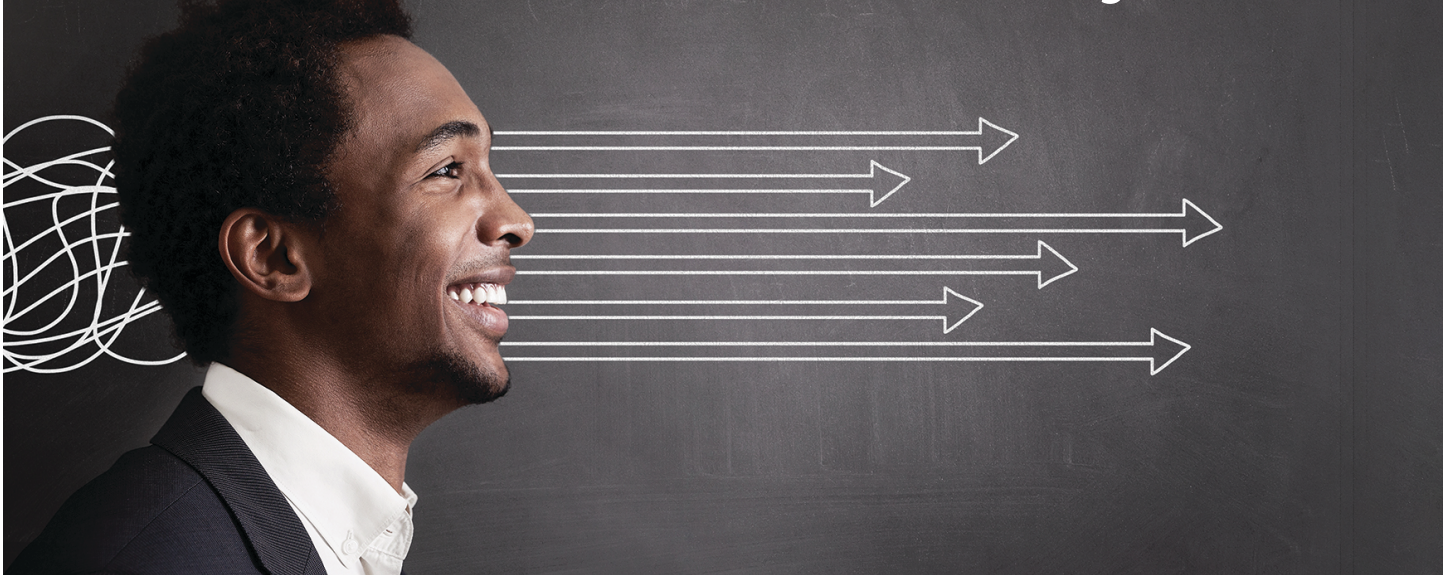
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Personal Life Coaching

for Times When You Need Assistance Achieving Your Goals



Are you contemplating making changes to improve the quality of your life but feeling overwhelmed with getting started or maintaining momentum?

Life coaching can assist you in figuring out your strengths, your personality, your values, and in developing a personal vision. With the encouragement of a life coach, you will identify goals, generate a plan, and confront obstacles that are holding you back from making the changes you desire. You will create strategies to stay motivated throughout the process. Successful coaching will assist you with internalizing the lessons learned so you can use them with future goals.

Life coaching can help you with specific projects and personal goals such as:

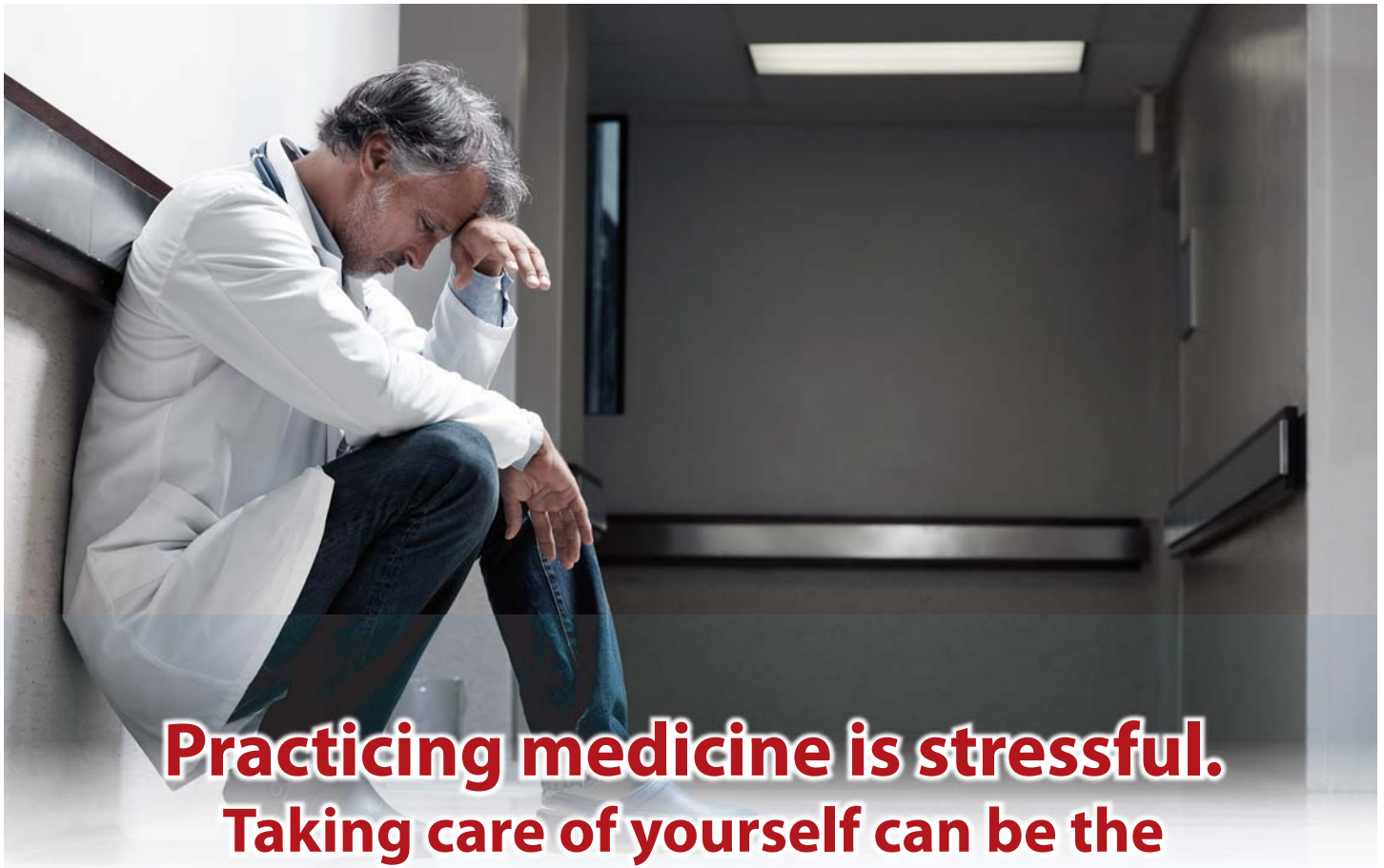
- *Integrating Your Work and Personal Life*
- *Self-Care - Getting Your Own Needs Met*
- *Living Your Purpose*
- *Prioritizing Relaxation and Fun*
- *Nurturing Positive Connections*
- *Transitioning through Major Life Events (i.e. Moving, Parenting)*
- *Managing Anger, Upsets, Frustration, and Stress*

The life coaching benefit is provided by certified life coaches. Your benefit includes six free telephonic coaching sessions. To learn more about the benefits of personal life coaching, contact Carebridge at **800.437.0911** or **clientservice@carebridge.com**, 24 hours a day, 7 days a week. Visit **myliferesource.com** for additional information. All services are confidential.



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**Practicing medicine is stressful.
Taking care of yourself can be the
first step in improving the care of
your patients.**

Small changes can make a big difference in how you deal with the pressures of your professional and private life. Confidential coaching and counseling can provide you with valuable skills to help manage daily stressors, build resiliency, and improve the quality of your overall well-being.

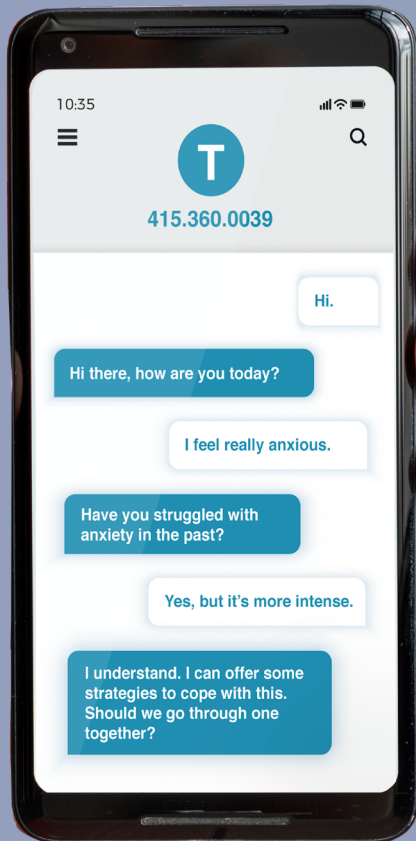
Carebridge Life Management Specialists can also assist in finding qualified resources and referrals for child care, eldercare, educational programs, pet care, and other convenience services.

To learn more, contact your Carebridge EAP and Work Life benefit by calling **(800) 437-0911** or email **clientservice@carebridge.com**. We are available 24/7.



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1 in 5 Adults Face a Mental Health Challenge



Getting help is now easier than ever thanks to TESS!

TESS is an artificial intelligence (AI) based tool that can serve as your first line of defense in protecting your emotional well-being and enhancing positive mental health.

Enjoy the convenience of communicating with TESS via your mobile device whenever you need accurate information and evidence-based strategies to assist with personal struggles, such as stress, anxiety, depression, and sleeping difficulties.

Use at the outset of concern or, if you are already in counseling, engage TESS between sessions to expediate psychological and behavioral growth.

Start chatting with Tess by texting “hi” to **415.360.0039**. Text messaging rates may apply. Tess is free and available 24/7 within the United States for you, and for members of your family over the age of 13.



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CORPORATION

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clientservice@carebridge.com

New Moms and Moms-to-Be: *You're tired, beyond busy and juggling a lot ...*

Sign up for text4baby!

It's a free way to get helpful text-message tips, reminders, resources and alerts about pregnancy and infant care during your pregnancy and until your baby's first birthday. (Available in English or Spanish.)

It's free. Really!

Even if you don't have a text-messaging plan on your cell phone, you can receive these texts for free. And if your cell plan has a limited number of texts per month, text4baby messages won't count toward the limit.

Messages are free as long as you are using one of the following participating carriers:

Alltel
Assurance Wireless
AT&T
Bluegrass Cellular
Boost Mobile
Cellular South
Cellcom
Centennial Wireless
Cincinnati Bell
Cricket
Metro PCS
n-Telos
Nex-Tech Wireless
Sprint Nextel
T-Mobile
U.S. Cellular
Verizon Wireless
Virgin Mobile USA



Registration takes only seconds

Simply text the word BABY (for English texts) or the word BEBE (for Spanish texts) to 511411. Then enter your baby's due date or birthday and your ZIP code. That's it! You will never be asked to provide personal information, and you will never be sent ads.

Once enrolled, you'll begin receiving three short text messages per week—timed to your due date or your baby's birthday—until your baby is one year old. You can cancel the service at any time by texting STOP to 511411.

Why was text4baby created?

Text4baby was created to provide pregnant women and moms of babies with critical information on caring for their health and giving their babies the best possible start in life. Launched by the National Healthy Mothers, Healthy Babies Coalition (HMHB), text4baby is made possible through a broad, public-private partnership that includes mobile phone companies, government agencies, businesses, academic institutions, professional associations and nonprofit organizations.

Text4Baby topics include:

- Doctor visit and appointment reminders for you and your baby
- Information on health insurance
- Urgent health alerts
- Signs and symptoms of labor
- Nutrition for you and your baby
- Breastfeeding advice
- Car seat safety
- Safe sleep tips
- Baby's milestones
- Resource hotlines and websites

Here's a sample of the free text messages you'll receive.

Need help paying for visits to the Dr. or midwife? Call your health plan to learn about your benefits. Or call Medicaid for help: 877-543-7669.

Diabetes can happen for the 1st time in pregnancy. You may be tested at 24-28 weeks. If you have it, you & your Dr. will make a plan to control it.

If you have any signs of preterm labor--cramps, belly tightening, low back pain, bleeding, or watery, pink/brown discharge--call your Dr. right away.

Going to need child care? Ask your employer about resources. Or call Child Care Aware at 800-424-2246 for info on locating care & help with costs.

The safest way for baby to sleep is on his back in a crib near your bed (within arm's reach).

Give your baby a taste for healthy foods from the start! If you need help buying food for your child, call 800-311-2229 to connect to WIC.

Sign up today and start receiving practical, supportive text messages during this important time of your life.

Reminders. Moms-to-be, new moms and family members can also contact Carebridge anytime to speak with a Child Care Specialist for parenting and child care support by calling 800.437.0911.

Contact Carebridge at **800.437.0911** or visit **www.myliferesource.com** for more information!



Employee Assistance Program (EAP)

Mental Health Counseling & Personal Life Coaching

Q: How can the EAP benefit help with emotional well-being and mental health?

A: Caring for your mental health is an essential element of overall wellness.

Your EAP benefit offers evidence-based strategies to cultivate emotional well-being and resilience for everyday life. Learning strategies deliver immediate and preventative support. When emotional distress creates moderate to severe disruption to life satisfaction, short-term counseling, or referrals to more intensive treatment programs may be helpful.

Q: How do I get started?

A: Call Carebridge EAP at 800.437.0911, 24/7, to initiate a consultation with a licensed mental health counselor.

You can also originate contact through the Carebridge EAP App or by emailing clientservice@carebridge.com. Learn the advantages of EAP self-help tools, single session interventions, referrals for mental health counseling, as well as personal life coaching.

Q: What are my options for meeting with a licensed mental health counselor?

A: The EAP provides referrals for no-cost, short-term confidential counseling sessions for assistance with mental health concerns.

Common issues are anxiety, depression, addiction, and intimate partner/domestic abuse. Sessions occur in-person or by telehealth using a smartphone, tablet, or computer with camera for virtual counseling or by audio only. Referrals to counselors that are in-network for your behavioral health insurance are prioritized.

Q: How does personal life coaching work?

A: Personal life coaching is a telephonic wellness option to help individuals identify and achieve specific goals.

Popular coaching topics include time and stress management, creating a positive mindset, cultivating communication skills, or mastering major life transitions. Personal life coaching is not a substitute for mental health coaching.

Q: How confidential are services?

A: All mental health counseling services meet HIPAA standards.

No names are identified or reported to anyone without your written authorization except in the following situations: by court order, imminent threat of harm to self or others, or situations of child or elder abuse.



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Welcome to the World of Parenting



The arrival of a new baby or child can be both exciting and daunting. Carebridge can provide information and resources useful to you at the start of your parental journey.

Assistance is available on a wide scope of traditional and contemporary parenting issues both now and in the future.

Carebridge can provide assistance to you and your family as you undertake the many facets of parenting an infant, toddler, or older child for the first time.

All services are confidential, and available at no cost to you. Should you require services beyond the scope of the program, Carebridge staff can coordinate referrals to appropriate resources as needed. Contact Carebridge at any time by calling **(800) 437-0911** or emailing **clientservice@carebridge.com**. For further information and useful resources, make sure to visit **www.myliferesource.com**. Your secure access code is: **WBPNF**.



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