

# How to Use Your Carebridge Benefit

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## Get in contact with us.

Call Carebridge for free, confidential assistance.

**800-437-0911**

24 hours a day, 7 days a week

Email Carebridge:

[clientservice@carebridge.com](mailto:clientservice@carebridge.com)

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## Tell us about your concern.

When you call, Carebridge will provide immediate consultation to assess your needs and provide information, resources, and referrals to help you address your concern.

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## Feel secure that the services you receive are confidential.

Your privacy is important. 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 abuse (such as child or elder abuse).

### IMPORTANT NOTICE

The decision to choose any provider or service rests solely with the client. Material provided by Carebridge is for informational purposes and must be verified by the client. Carebridge neither warrants nor recommends any service or provider referral within the information offered. Any final decision on the appropriateness of the information, services or a given provider must be made by the client.



No matter where you are,  
Carebridge is  
available to help.

**800-437-0911**

[www.myliferesource.com](http://www.myliferesource.com)



  
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## EMPLOYEE ASSISTANCE PROGRAM

Provided by

  
**Carebridge**  
CORPORATION







We all want to be happy in our personal lives and productive at work. However, life is not always simple, and knowing how to resolve complicated concerns can be challenging.

**Carebridge Employee Assistance Program (EAP) and Work-Life Services** are available to assist you and benefit-eligible loved ones when support is needed.

**Your well-being matters.  
Carebridge can help.**

## Receive Confidential Assistance When You Need It.

Carebridge is available 24/7 for private consultations on the issues that matter to you. There is no cost for you to use this benefit.

Call any time with personal concerns, including:

- Stress management
- Anxiety and depression
- Substance abuse
- Parenting & family problems
- Relationship abuse
- Grief and loss
- Work stress
- Financial pressures
- Child care
- Aging parents
- Ill family members
- Legal matters
- Education planning
- Special needs
- Chronic health concerns
- Work-life balance
- Pet services
- Relocation
- And more

## What can I expect?

Carebridge's EAP and Work-Life Specialists will listen to your concerns and provide guidance, resources, and referrals leading to real solutions.

The EAP provides referrals for five short-term, confidential counseling sessions at no expense to the user. You also have unlimited access to

Work-Life Specialists to assist you with identifying the most appropriate and affordable resources to help meet your needs with issues such as child and elder care, finances, and convenience services.



## How do I access services?

You can call Carebridge toll-free, **800-437-0911**, for immediate consultation. You can also visit **[www.myliferesource.com](http://www.myliferesource.com)** to find expert articles, resources, and unique tools addressing a large scope of EAP and Work-Life issues.

Your website access code is **C9AGJ**.

