



Put Us To Work For You!

Carebridge can provide service in a variety of ways.

- Counselor Assistance*
- Referrals for Services/Providers*
- Schedule a Call with an Expert*
- Email Information*
- Materials on a Key Concern*
- Info in Your Website Mailbox*
- Email Consultation*
- Personal Website Guidance*

CALL: **800-437-0911**
 EMAIL: clientservice@carebridge.com
 ACCESS OUR WEBSITE
www.myliferesource.com
 For Online Access Code: **800-437-0911**

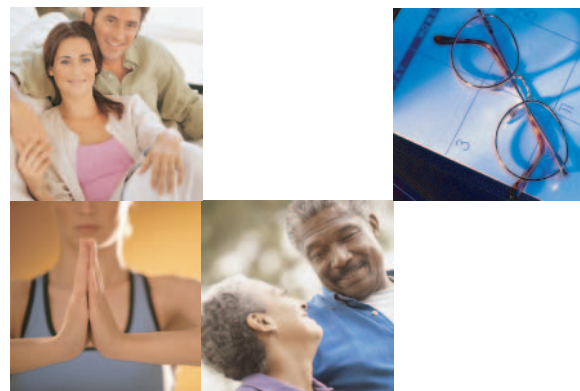
IMPORTANT NOTICE

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.



Presents

Personal Help for Work and Life



**Work-Life
Wellness
Life Management
Web & Online Services**

Your Benefit

Your employer has contracted for the professional services of Carebridge Corporation to provide you with support in personal and family problems common in contemporary life. Coverage includes you, your dependents, spouse or domestic partner. These services are made available to you cost-free.

Life Management & Work-Life Assistance

The package of Carebridge services your employer has provided on your behalf includes Life Management and Work-Life Assistance. Under this benefit you, your dependents, spouse or domestic partner now have available specialized telephonic counselors as well as online assistance to aid you in the management of personal and family concerns common to contemporary living.

Your benefit also includes unlimited counselor assistance by telephone in issues related to any of the following broad spheres of concern:

- Child Care Resourcing and Information
- Eldercare Assistance
- Parenting Information
- Educational Guidance: Schooling/College/Distance
- Relocation Guidance and Neighborhood Analysis
- Time Management and Life Balance Guidance
- Legal Assistance
- Adoption Guidance
- Travel and Expatriate Information
- Consumer Information
- Retirement Planning



Wellness

Your wellness objectives will receive strong consultative assistance through the Carebridge program.

Behavioral Health Counselors will provide consultative assistance on wellness issues such as substance abuse, depression, self-destructive tendencies, stress management, coping with change, grief and loss.

Wellness Referral Specialists will assist you in finding services in your community to enhance your health, such as smoking cessation, weight management and fitness programs.

Your benefit provides a diversity of online wellness resources through Carebridge's client service website: www.myliferesource.com. Call 1-800-437-0911 for your personal access code.

Simply access the website Home Page to locate these very significant collections:

The Universal LifeHelps Library® section on "My Wellness" offers 200 valuable Resource Centers holding over 16,000 personal wellness features.

The Home Page section on "Wellness Highlights" brings major libraries on:

- Women's Health*
- Men's Health*
- Children's Health*
- Mental & Emotional Health*

Five hundred interactive wellness education programs are offered along with 250 health & wellness multimedia videos.

Carebridge's Disease Management Centers offer full libraries on chronic conditions and diseases affecting quality of life, work productivity and disability.

Carebridge
service is available
7/24/365.
Contact us by calling
1-800-437-0911
or by emailing us at:
clientservice@carebridge.com

Financial and Home Buying Help

Financial Consultation is available to you at no cost by consultants having extensive banking experience plus a Certified Financial Planner accreditation.

House Purchase/Sale

Carebridge real estate specialists provide information as you purchase or sell your home. They can provide neighborhood analysis on any community or school system in the United States.

Convenience & Concierge

Your time is limited. **Carebridge Convenience & Concierge Counselors** can save you time, trouble, and sometimes money by providing the guidance, information, and referrals required to meet needs in areas such as petcare, cleaning services, home improvements, auto purchase/repair, wellness services, travel arrangements, Concierge Services, and other pressing daily life concerns.



Carebridge assistance is fully confidential.

Carebridge service is available 7/24/365. Contact us by calling 1-800-437-0911 or by emailing us at: clientservice@carebridge.com

Web & Online Services

Carebridge Online Services through its www.myliferesource.com website address the entire scope of contemporary living. Call 1-800-437-0911 for your personal access code. Included in your comprehensive treasury of information and tools, you will find:

Your Universal LifeHelps Library®

The Universal LifeHelps Library® is the most extensive web resource currently available for dealing with the needs and problems of contemporary living. The Library delivers 1,474 Resource Centers cumulatively containing over 90,000 LifeHelps. Resource Centers contain articles, wellness centers, interactive tools, streaming videos, databases, Q&A's, helpful websites and more! Each is set in place within one of the following five major life spheres:

- My Self
- My Relationships
- My Daily Life Concerns
- My Health/Wellness
- My Work

Search Function

A superb search function enabling rapid access to information on an extraordinary number of topics.

Discount Shopping Center

Browse our Discount Shopping Center for great values and shopping ideas.

Key Life Events

Special libraries on 24 of life's most important events.

House/Auto Purchase

Get the facts you need to make good decisions.

Critical Database Information

National **childcare** and **eldercare** databases having information on over a half million providers are complemented by U.S and International **legal** databases plus **college**, **distance learning** and **public/private elementary** and **secondary school** databases. Our **Neighborhood Analysis** database gives information on recent real estate sales, school ratings, crime, and other factors important in house purchase.

Life Problems

Excellent resources on ten of life's most difficult behavioral problems are provided.

Financial Information/Tools

Twenty significant financial info/libraries are coupled with over 150 financial calculators.

Emergency Resources

A special collection is offered to assist in such crises.



"My Page" Services

Receive Newsletters on topics of your special interest via your "My Page".

Online Access

Email response for guidance and information from Carebridge Counselors is quickly provided. Address: clientservice@carebridge.com