Your Carebridge EAP assistance is confidential and conforms to HIPAA regulations. 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).

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.

Personal Convenience Services

Your time is limited. Carebridge Convenience Specialists 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, and other pressing daily life concerns.

Wellness

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

EAP Counselors will provide consultative and referral assistance on wellness issues such as substance abuse, depression, anxiety, stress management, as well as guidance on emotional components that accompany chronic health concerns.

Work Life Specialists will identify resources, including those provided through your employer, to modify a lifestyle factor or facilitate behavioral changes such as nicotine cessation, weight management, and achieving fitness goals.

CALL: 800-437-0911
EMAIL: clientservice@carebridge.com
ACCESS OUR WEBSITE
www.myliferesource.com
Secure Access Code: BKKR5

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.
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, and members of your household now have available specialized telephonic counselors as well as online assistance to aid in the management of personal and family concerns common to contemporary living.

Your benefit also includes unlimited expert 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

Contact us by calling 1-800-437-0911 or by emailing us at: clientservice@carebridge.com

MyLifeResource.com is a comprehensive, interactive website providing expert articles and resources as well as unique tools addressing the topics that matter most to you. All provided in a convenient, simple to use environment. Use your login code: BKKR5 to gain access to:

- Relationship
- Stress Management
- Child Care and Elder Care
- Balancing Work and Family
- Wellness
- Legal and Financial

- Streamed Videos
- Self Assessments
- Interactive Wellness Tutorials
- Online Trainings & Webinars

- Child Care
- Elder Care
- Relocation
- Education

- Employee Discount Center
- Legal Documents
- Financial Calculators
- RSS Feeds, Polls, Tips

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

Carebridge assistance is fully confidential.