

Go Mobile With The Carebridge EAP App

Take your Carebridge Employee Assistance Program benefit with you! Use your mobile device to access audio podcasts on life management topics as well as articles and tips on balancing your work and personal life. You can even request life management resources directly from the app!

Features:

- Access the Carebridge Member Website (If you do not already have a username and password for this site, you will need your company's access code: 9F86J)
- Request life management services through the app or by phone/email
- View regularly updated articles including: Achieving Wellness, Quick Tips, and Wellness Tips
- Listen to audio podcasts on work life balance topics
- Monthly articles on Stress Management, Personal Finance, Child Care, Eldercare, and more!



Download this FREE App Today!



Contact Carebridge at: **1.800.437.0911** or visit **www.myliferesource.com** for more information!