



Carelon Wellbeing

## We're here for life's challenges

No problem is too big or too small. Receive no-cost confidential support today.

### Counseling

Schedule an appointment with a licensed counselor for online or in-person sessions during times that work for you, even evenings and weekends.

Sessions are strictly confidential.

### Legal and financial services

We can help you find discounts on legal and financial services and assist you with having a safe, confidential discussion with an expert.

### Cognitive behavioral therapy

Learn to manage stress, depression, anxiety, substance use, panic, and sleep issues. Digital support tools based on the principles of cognitive behavioral therapy (CBT) are available online at any time.

### Work/life support

Get connected with resources and referral services related to child and eldercare, education, growing families, consumer resources, home maintenance, and daily living.

Visit the Carelon Wellbeing website to access articles, videos, podcasts, and other tools that can help you and your loved ones with life's challenges.

[carelonwellbeing.com/kaiser](https://carelonwellbeing.com/kaiser) | 866-517-7042

