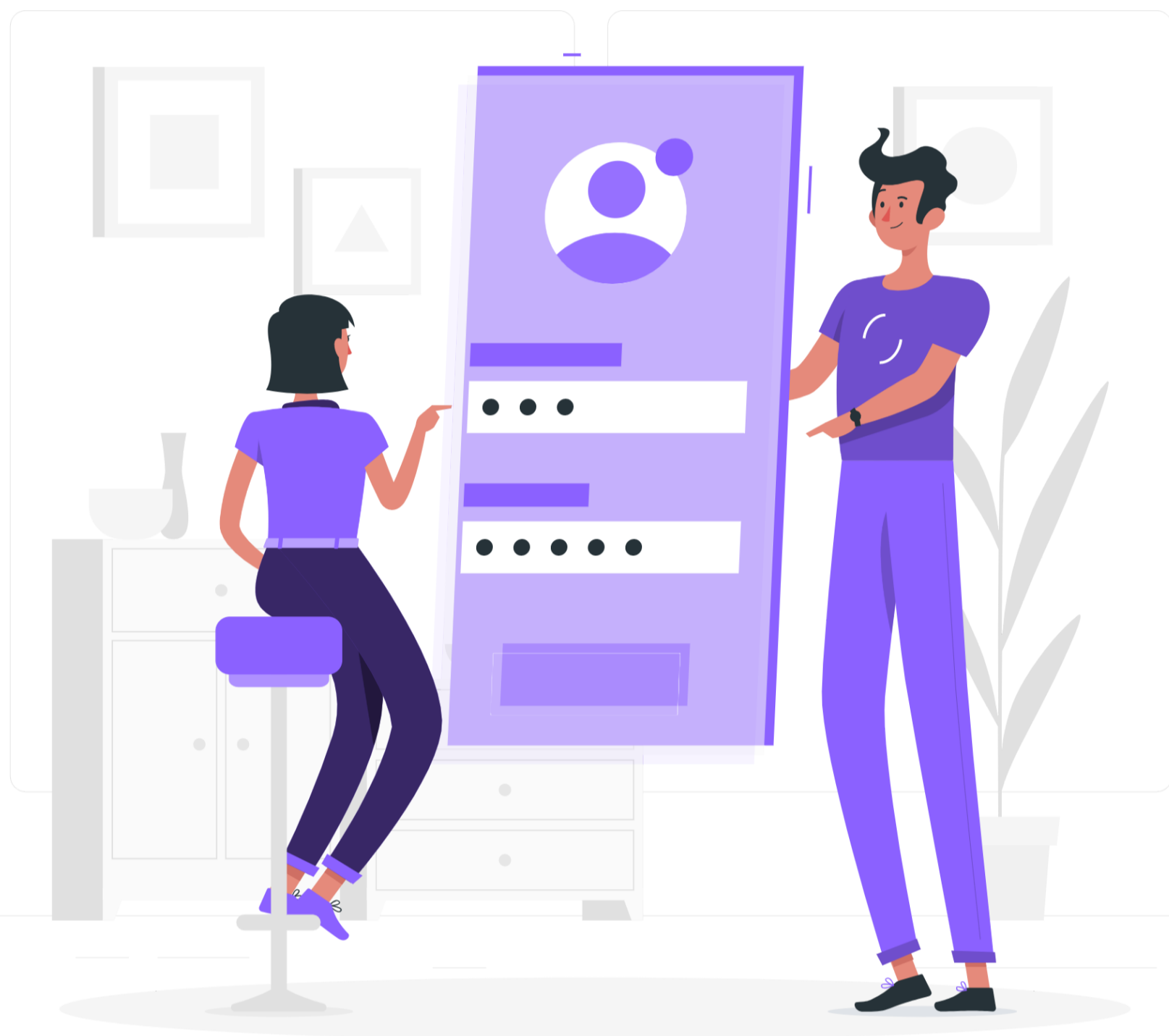




# HOW THE CARE CENTER WORKS

We help improve your emotional wellness by proactively addressing mental health and workplace well-being.

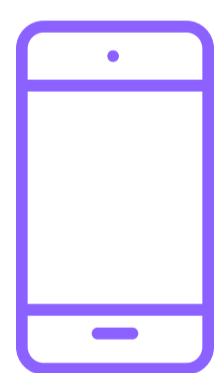


The Care Center is an emotional support helpline and resource center for you and all your loved ones.

Use the service to decompress, receive support, or find mental health providers and services that fit your specific needs.

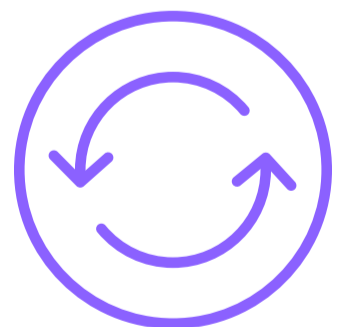
**We're here to listen, remind you that you matter, and that you're not alone.**

## WHAT YOU SHOULD KNOW



### EASY TO CONTACT

You have the option to **call** **OR text** using the app.



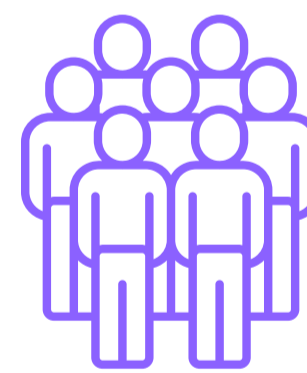
### NO LIMITS ON USE

You and loved ones have **unlimited** access.



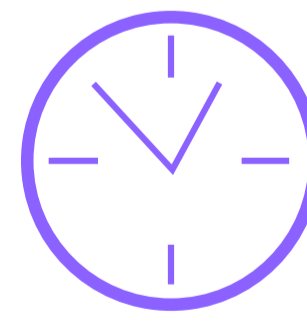
### SAFE AND CONFIDENTIAL

You have the choice of remaining **anonymous**.



### FULL COVERAGE

You and **ALL** your loved ones have access to the service.



### HOURS OF OPERATION

We are **open** 24 hours a day and 7 days a week.



### EASY ONE-TOUCH ACCESS

**Download** the app to access the Care Center and Wellness Library.

An employee benefit provided by your organization.