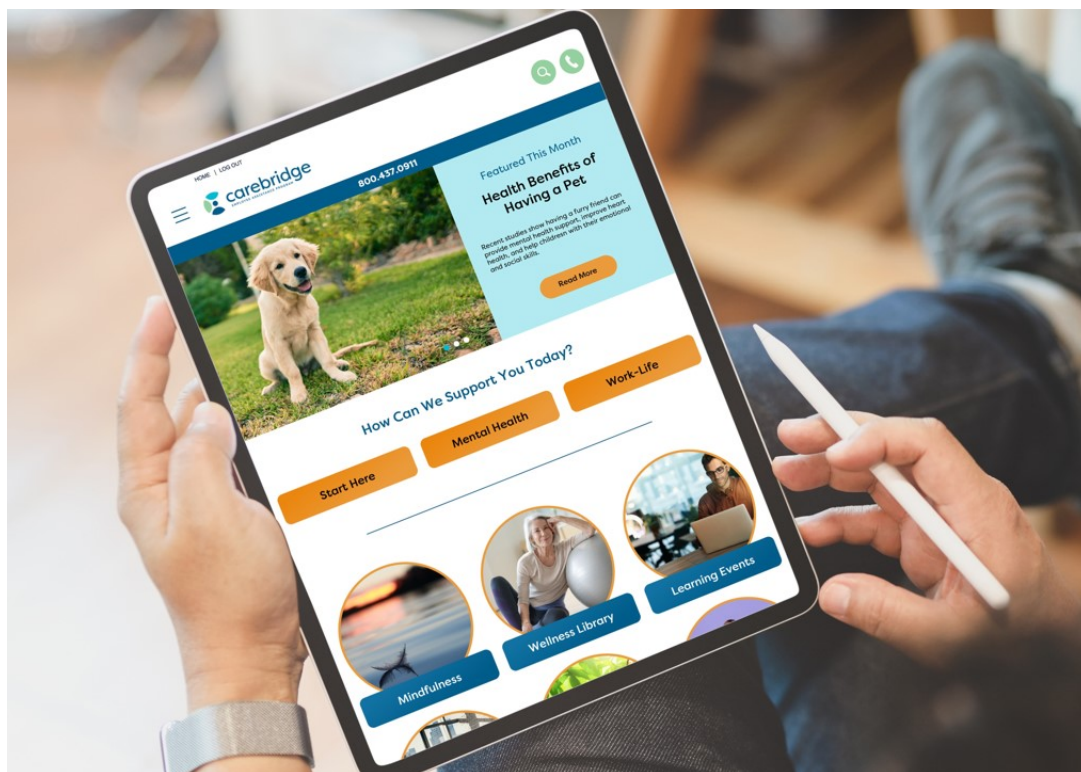


In the final month of 2023, Carebridge is celebrating our members by providing you with more enhanced features on [CarebridgeNow.com](https://www.carebridgenow.com).

Including:

- New layout and easy navigation to help you quickly find support.
- Optimizations that are **accessible and inclusive** of all users including **site adaptations** for vision or motor impairments, cognitive disorders such as dyslexia, and neurodevelopment disorders like ADHD.
- Regularly updated content to improve your wellbeing.

December 2023



Check out [CarebridgeNow.com](https://www.carebridgenow.com)!

**Existing Account?** Log in with your same username and password.

**New User?** Click Register. Follow the prompts to create a user account.

Your access code is **Contact Your Benefits Manager**

## How to Release & Let Go of Self-Doubt

One of the most powerful tools we have in overcoming self-doubt is self-forgiveness. Keep reading to explore the concept of self-forgiveness, its importance in personal growth, and practical steps you can take to release and let go of self-doubt.

[Learn How](#)



## 60 Ways to Use Your EAP

Carebridge EAP (employee assistance program) is meant for much more than a “worst case scenario” hotline. It’s a comprehensive resource intended to be used in **both good times and difficult times.**

For prevention and intervention. At work and at home.

[60 Ways](#)



## Reflect on 2023— Plan for 2024

Use this worksheet to journal about your past year including your Highlights & Achievements, Lessons Learned & Challenges Overcome, and Your Goals for 2024.

[Learn How](#)

### Carebridge Can Help.

Call [800.437.0911](tel:800.437.0911) or email [clientservice@carebridge.com](mailto:clientservice@carebridge.com)

24-7 for confidential and free consults.

For online services log-on to: [carebridgenow.com](https://carebridgenow.com)

Your Access Code is: **Contact Your Benefits Manager**

[Click here](#) for Spanish and French.