In the final month of 2023, Carebridge is celebrating our members by providing you with more enhanced features on 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!

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.

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.

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

Call 800.437.0911 or email clientservice@carebridge.com 24-7 for confidential and free consults.
For online services log-on to: carebridgenow.com
Your Access Code is: Contact Your Benefits Manager

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