



ISAC EAP Benefit Overview

Therese Saello | May 31, 2023

In partnership with
MERCYONESM



Training Agenda

- Discover helpful supports to enhance positive emotional wellbeing, from Prevention to Intervention
- Become acquainted with self-directed tools to boost resilience
- Realize ease of access to confidential services, 24.7

Life is Hard. Carebridge Can Help.

I need to write a will.

I can't stop my angry outbursts

How do I find a lawyer for my divorce?

I'm relocating and need help finding a place to live.

My partner is struggling with substance use

The pain of grief is all-consuming.

I feel alone.

I feel like I've lost my way.

My teen is depressed and needs help.

I need a groomer for my dog.

I need motivation to set wellness goals.

I need an affordable summer camp for my kids.



Eligibility & Access

Benefit is employer paid

- All eligible employees, spouses, their dependents up to age 26, and related family members residing in the household can use the service at no cost to them

Confidential services 24-7

- Access through our toll-free number, 800.437.0911
- Emailing clientservice@carebridge.com
- Chat via Carebridge EAP App



Mental Health & Emotional Support

- **ISAC** contracts with Carebridge for **3** mental health counseling sessions, per concern, per individual
- **Mental Health Counseling** can be scheduled in-person or via telehealth (video, phone, chat)
- **Life Coaching** is available via telehealth and provides **6** sessions per year helping individuals who are overall very functional from a mental health perspective but seek help in achieving their full potential or wellbeing.
- Integration with health insurance whenever possible



Work-Life Services

- Unlimited telephonic consultations with Work-Life Specialists
 - Childcare
 - Eldercare
 - Finances
 - Legal*
 - Education Planning
 - Convenience Services
- Personalized support and resources and referrals



Parenting & Eldercare

- Guidance on questions and concerns common to all aspects of parenting and caregiving
- Assistance with family transitions, including adoption
- Help finding providers for children and aging relatives
- Experts will tailor resources for day care, nannies, summer care, tutors, home care, assisted and skilled nursing facilities, companion care, transportation and more based on individual's specific needs and financial capabilities



Financial & Legal Support

- Money management experts can educate individuals to enhance financial well-being by learning to save money, create spending plans, and pay off debt
- Legal consultations with an attorney are included, up to 30 minutes per issue (employment and business concerns excluded)
- Discounted fees after the initial legal consultation





Education & Convenience Services



Assistance in evaluating schooling options and financing for all ages – from elementary to higher education to vocational school

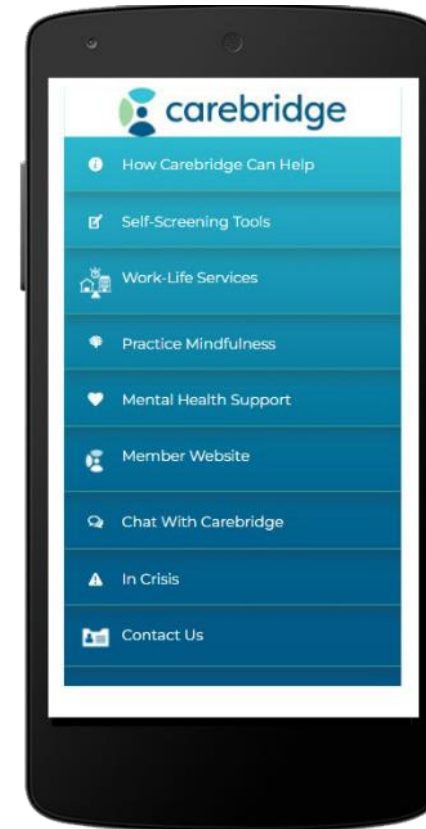


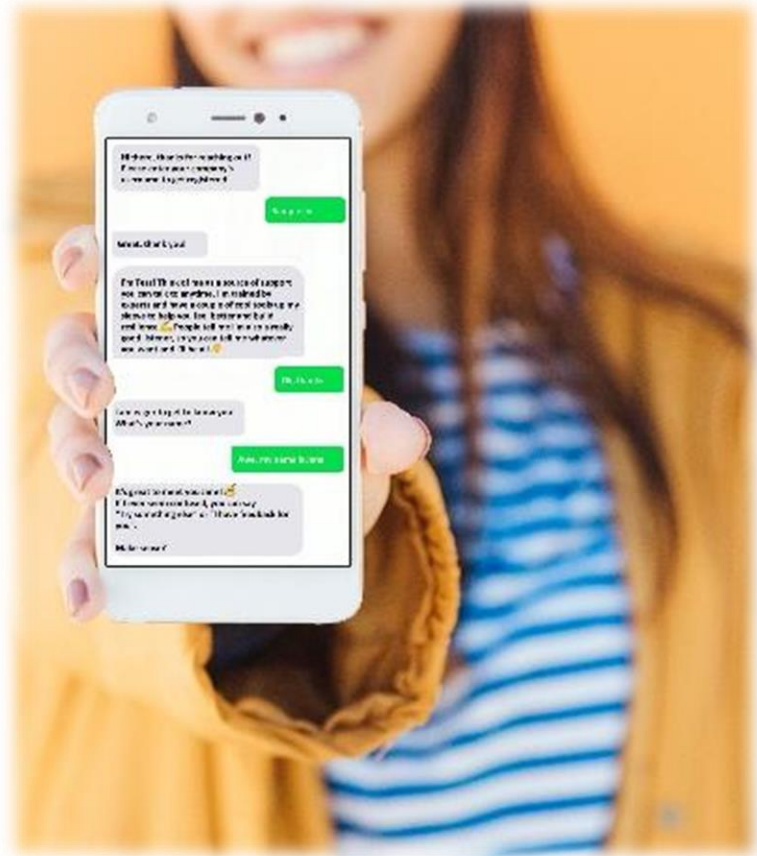
Resourcing help in finding providers to take care of personal needs from pet care, to home repair, to travel planning



Carebridge EAP App

- On-the-go access to Carebridge anytime
- Click to Call
- Chat feature to connect to Carebridge intake specialists
- Mindfulness Resources
- Wellness Tips
- Mental Health Self-Assessments





TESS Emotional Support AI

- On-demand texting support using artificial intelligence
- TESS can provide feedback and tips to improve stress, anxiety, anger and sleep issues
- Can be used as a self-directed tool and/or in conjunction with counseling
- For those 13 and older in the continental United States
- Start by texting “hi” to **415.360.0039**



Secure Member Website

- myliferesource.com
- Access Code: **EW7KK**
- Hundreds of articles, videos, and mental health assessments
- Financial calculators and legal forms
- Care locators
- Discount Shopping Center
- Self-directed courses on soft skills to improve work and personal relationships



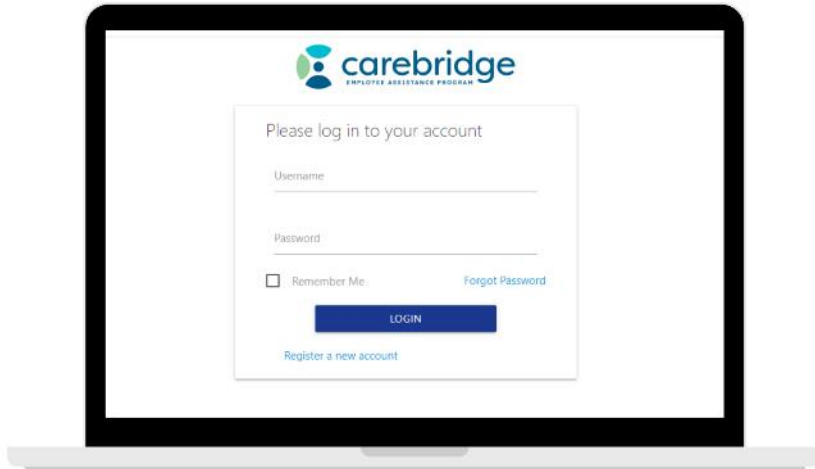
eM Life Mindfulness Practice

Mindfulness solutions to help you prevent and reduce mental health concerns such as compassion fatigue, stress, anxiety, depression, chronic pain, and addictive behavior.



- **Live and interactive mindfulness sessions** held multiple times every day, in various languages, by a diverse group of highly certified experts.
- **On-demand access** to hundreds of hours of content
- **Video and audio-only experiences** offered in 1-10+ minute single sessions or multi-episode series.
- **MUST connect through myliferesource.com to begin**

eM Life Login- Free Access

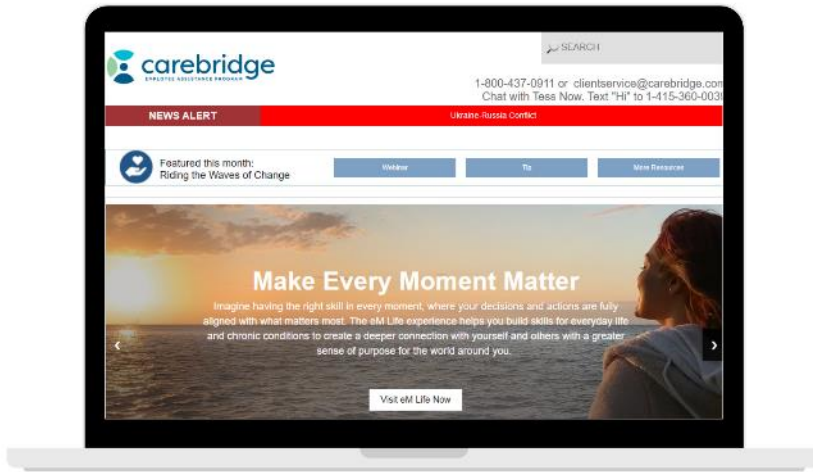


1 Sign up at myliferesource.com

Log in using your Carebridge username and password. Or create an account using your access code, **EW7KK**

2 Click on the “Visit eM Life Now” button

Located in the main image once logged in to myliferesource.com

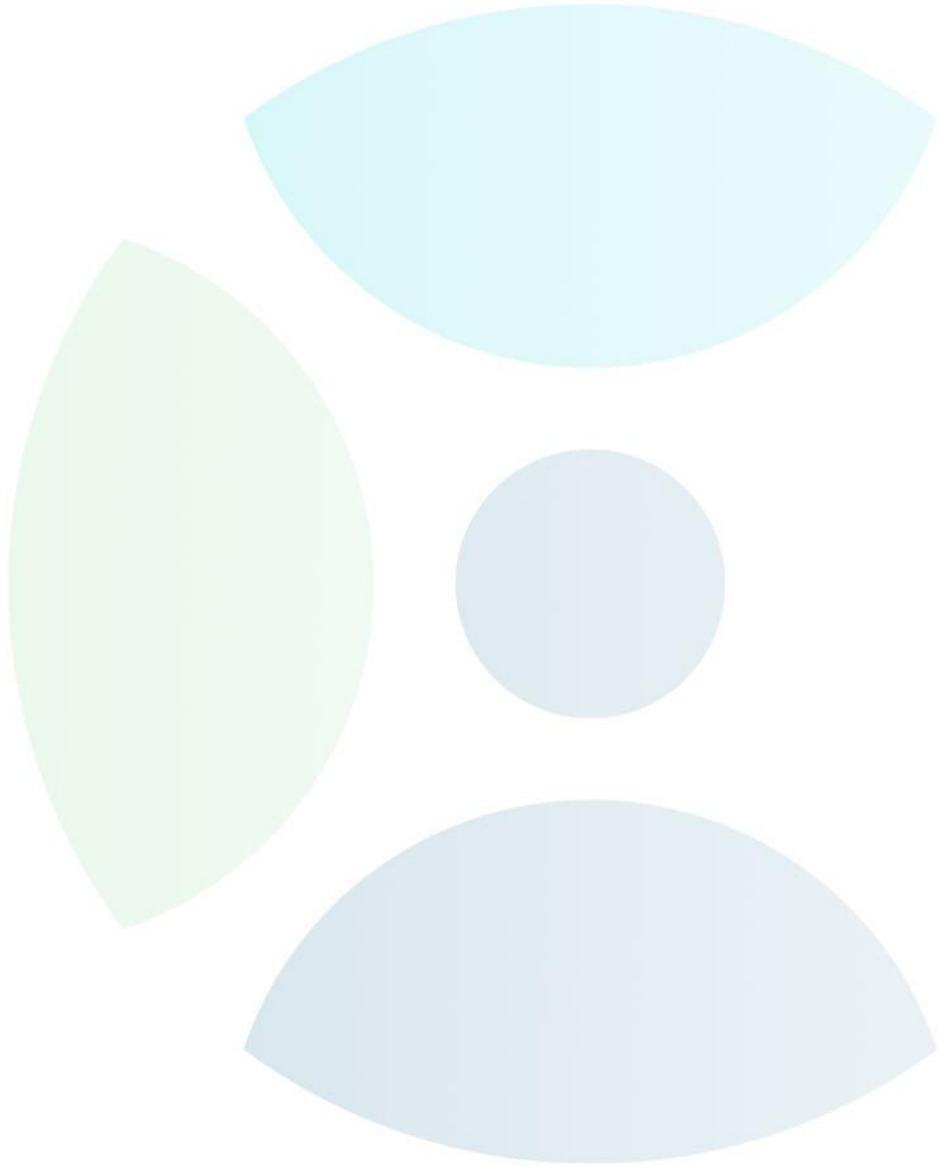


3 Option: Download the free eM Life app

Open the app, choose “Employee Account”
Tap the “Organization Login” button

Organization Name or ID: Carebridge

Log in using your Carebridge username and password



carebridge
EMPLOYEE ASSISTANCE PROGRAM

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Thank you!

Carebridge Can Help.

clientservice@carebridge.com

800.437.0911

myliferesource.com