

Help is at hand

Get started today by visiting the Carelon Wellbeing website to explore available services, find counselors, and request appointments. You can access these resources anywhere, at any time. You can also read, watch, and listen to well-being content provided by our partners at CredibleMind.

We're here to help

Call:

877-397-1032

Service representatives are available 24/7.

Text:

877-397-1032

Monday through Friday
8 a.m. to 8 p.m. ET

Chat:

carelonwellbeing.com/cvt

Monday through Friday
8 a.m. to 8 p.m. ET



Carelon Wellbeing

Support for better living



Privacy is a priority

Your personal information is kept private as required by state and federal laws. No one will know you have accessed the program services unless you grant permission or express a concern that presents a legal obligation to release information (for example, if it is believed you are a danger to yourself or to others).

This brochure is for informational purposes only and does not guarantee eligibility for program services. Carelon Wellbeing services do not replace regular medical care. In an emergency, seek help immediately.

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We're here for your everyday issues and questions, big or small. Your Carelon Wellbeing benefit offers information, guidance, and support to help you and your family reach your personal and professional goals. This no-cost benefit is offered by your employer and is completely confidential.

You're covered

Professional counseling

Schedule an appointment with a licensed professional counselor for confidential online or in-person sessions during times that work for you — even evenings and weekends.. **You and your household members each receive 6 visits per issue, 2 issues per year.**

Choose from a network of caring clinicians who can help with a range of personal and work related issues, including stress, anxiety, depression, relationships, grief, and life transitions.

6

in-person or virtual counseling sessions per issue, 2 issues per year



Health tip

Saying thank you may improve your mood. Researchers have found that gratitude helps you recognize the good in your life, which reduces the likelihood that you'll be sad or depressed.

Legal and financial services

Connect with legal and financial experts for free, private consultations on real estate, financial advice, family law, investing, and planning for the future.

Support for work-life balance

Access resources and receive referrals to help with child and elder care, education, consumer resources, home maintenance, pet care, and daily living.

Carelon Wellbeing

Support for better living

No issue is too big or too small. Receive no-cost confidential assistance today.

Counseling

Schedule an appointment with a licensed counselor. Help is available online or in-person at times that work for you. You and your household members each receive 6 visits per issue, 2 issues per year.

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Support for work-life balance

Access resources and receive referrals to help with child and elder care, education, consumer resources, home maintenance, pet care, and daily living.



Health Tip

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Reach out at any time — help is available 24/7.

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Carelton Wellbeing

Need legal or financial guidance?

If you have questions about legal or financial life events, we can help. Your Carelon Wellbeing benefit offers confidential, no-cost support. We'll connect you with licensed attorneys and financial experts who can provide:

Legal guidance

Speak with a lawyer in-person or by phone for up to 60 minutes of no-cost family law support. You'll also receive a 35% discount on additional services. For other legal matters, take advantage of a 30-minute consultation at no cost, with a 25% discount on additional services.

Financial coaching

Speak with a financial expert for two 30-minute, no-cost phone consultations. You can receive expert guidance on making important financial decisions, managing debt, and creating a plan to reach financial wellness goals—including tax preparation services at discounted rates.

Legal services may include:

- Divorce or custody disputes
- Powers of attorney
- Civil or criminal matters
- Traffic violations
- Identity theft restoration
- Estate planning

Financial coaches can help with:

- Budgeting
- Debt resolution
- Tax management
- Saving for college
- Retirement planning
- Estate planning



You don't have to figure it out alone.



Our legal and financial experts are here to help

Call 877-397-1032, scan the QR code, or visit
carelonwellbeing.com/cvt

Welcome to Talkspace

Taking care of your mental health helps you show up as your best, most authentic self

Over the last decade, Talkspace has supported more than 2.9 million adults, teens, and couples with counseling and therapy services. You'll be connected with a licensed counselor so you can share what's on your mind, wherever you are, from the convenience of your phone or laptop.

How it works

Review your best personal provider match based on your intake assessment and preferences. Start your therapy by sending text, voice, or video messages — messages can be as short or as detailed as you'd like. Counselors respond daily during their business hours, which often includes weekends. You can also book live sessions for real-time conversations. Your counselor stays with you throughout your Talkspace journey (but if you're not feeling the connection, it's easy to switch). Talkspace's clinical network includes thousands of licensed and verified counselors who specialize in things like:

- Stress
- Relationships
- Eating disorders
- Identity struggles
- Anxiety
- Healthy living
- Substance use
- ADHD
- Depression
- Trauma & grief
- Sleep
- and more

Ready to get started

- To register, visit talkspace.com/carelonwellbeing or your EAP website and enter your company name: CVT
- Complete our QuickMatch™ questionnaire to share your preferences and review your best personal provider match
- Start messaging in your private digital room, or book a live session

Your EAP offers **6** counseling sessions per issue per year. With Talkspace, one session generally equals one week of access and the ability to send unlimited messages to your therapist, or one completed live video session.

If you have any questions, please call **877 397-1022**

