



## Access well-being resources anywhere, anytime

We're here to support you, 24/7

Life is busy. When you or someone in your household needs support, we can help. **Carelon Wellbeing** is part of your employee benefits. It is available to you at no cost.

Whether seeking in-person or virtual care, wellness resources, or work-life tools, our digital ecosystem connects you through a simple, customized experience.



Receive personalized guidance and help with life's issues.



Find a counselor who meets your unique needs, and book virtual or in-person appointments at times that work for you.



Get instant access to all the services available to you as part of your benefits.



Explore wellness resources that include articles, videos, and podcasts. New topics are featured monthly.

### Find confidential counseling, resources, and support services to help with:

Anxiety.  
Depression.  
Family Concerns.  
Grief.  
Legal Advice.  
Relationships.  
Stress.

## It's easy to connect with us

Choose the method that's most convenient for you:

**Call or Text:** 866-533-4278

**Visit:** [carelonwellbeing.com/icsveba](https://carelonwellbeing.com/icsveba)

You can chat with us online, or in the app.

Download the app

