

# COVID-19 RESOURCES

## for You and Your Family

Your Carebridge EAP benefit has made it easy for you to access timely and accurate information as you manage through the pandemic. Supportive literature, live webinars, links to recorded education events, and virtual support group schedules are just a click away. To get started, follow the instructions below.

- 1 **Go to [www.myliferesource.com](http://www.myliferesource.com)**  
First time users: register with access code  
Repeat user: log in



- 2 **Select the tile COVID-19 Resource Center**



- 3 **Select the tile CarebridgeCONNECTS Resources and select the link "Click to continue"**



- 4 **Utilize the navigation on the left for resources**



You can also download the **Carebridge EAP App** to find more resources including mindfulness practices, audio tips on self-care strategies, and registration for upcoming webinars.

Need more assistance? For a video tutorial, [click here](#).

## Carebridge Can Help

800.437.0911

[myliferesource.com](http://myliferesource.com), Access Code: KKNH3



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