

QUICK GUIDE

for Benefit & Human Resources to Carebridge Electronic Resources during Pandemic



Timely Resource Alerts containing support literature, live webinars, links to recorded educational events, virtual support group schedules and promotional documents are emailed to you for distribution and posting on your portals. Materials can also be accessed via CarebridgeConnects - Resources hosted on the COVID-19 Resource Center of mylifersource.com. Your access code is **KKNH3**.

The **Carebridge EAP App** provides access to mylifersource.com and addition resources including mindfulness practices, audio tips on self-care strategies and registration for upcoming webinars.

For additional assistance with communication materials,
please contact your account manager or call **800.437.0911**.



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