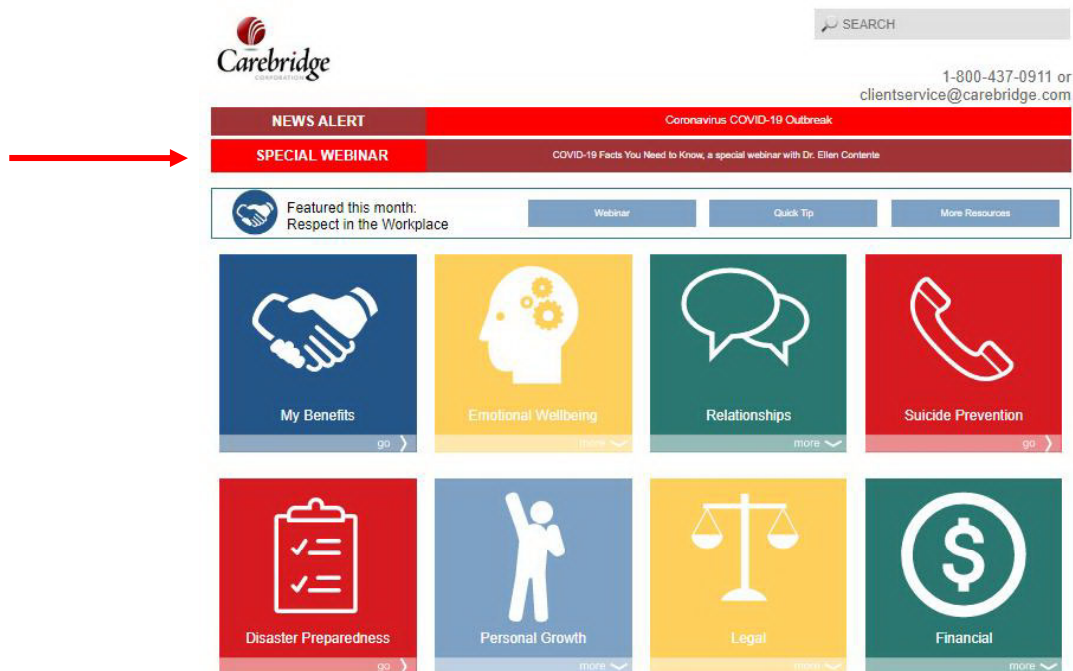


Carebridge Webinar

COVID-19: Facts You Need to Know

The coronavirus pandemic is likely to cause stress and anxiety for most employees. Carebridge has posted a webinar, COVID – 19, Facts You Need to Know, under the News Alert banner on our employee support website, myliferesource.com. The presenter, Dr. Ellen Contente, holds a Ph.D. in Spiritual Studies and Consciousness from Emerson Theological Institute and is the founder of the Heart-Centered Programs, a training and consulting business. This special 45- minute recorded webinar includes the most recent information available from the CDC and the WHO, as well as, addresses coping mechanisms for stress and anxiety reactions.

A link to the webinar will be located at the top of our member site, www.myliferesource.com. Log into the member site and select *COVID-19 Facts You Need to Know, a special webinar with Dr. Ellen Contente* next to the Special Webinar tab.



The screenshot shows the Carebridge website interface. At the top left is the Carebridge logo. To the right is a search bar and contact information: "1-800-437-0911 or clientservice@carebridge.com". Below this is a red banner for "NEWS ALERT" with the text "Coronavirus COVID-19 Outbreak". Underneath is a dark red banner for "SPECIAL WEBINAR" with the text "COVID-19 Facts You Need to Know, a special webinar with Dr. Ellen Contente". A red arrow points to this banner. Below the banners is a section for "Featured this month: Respect in the Workplace" with buttons for "Webinar", "Quick Tip", and "More Resources". The main content area consists of a grid of eight colorful icons representing different topics: My Benefits, Emotional Wellbeing, Relationships, Suicide Prevention, Disaster Preparedness, Personal Growth, Legal, and Financial. Each icon has a "go" or "more" button below it.

Contact Carebridge at **800.437.0911** or visit www.myliferesource.com for more information!

