

CARE BRAVELY

At LifeBridge Health, the safety and health of our employee's is our first priority. We recognize the impact of COVID-19 and the effects it may be causing you and your family. We would like to share several updates on added support and resources for you in wake of this crisis to assist you during these hard times.

Download some of our resources right from your mobile device! You can find these apps right in your smartphone app store.



Carebridge EAP

The free app provides member only access to the Carebridge website, audio podcasts on life management topics, as well as articles and tips on balancing your work and personal life. Remember your LifeBridge access code: KKNH3



CareFirst Video Visit

When your primary care provider (PCP) isn't available, CareFirst Video Visit allows you to securely connect with a doctor* whenever and wherever you want on a smartphone, tablet or computer.



ShareCare App

Carefirst has partnered with Sharecare to provide you with personalized wellness resources.