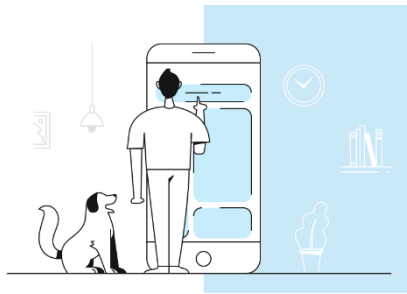


CareNow



Self-guided digital support to help you boost your wellbeing.

What is CareNow?

CareNow offers specialized, digital self-help resources within a self-guided curriculum to help you develop positive coping strategies and behaviors to boost your wellbeing. CareNow offers interactive content, exercises, podcasts, videos, meditation and more, so that you can explore the topic you want, the way you want it.

What CareNow programs are available?

There are several programs covering issues in life, health, family, money, and work. You can do one at a time or multiple programs at once:

- Grief
- Anxiety
- Stress
- Depression
- Coping
- Work Wellbeing
- Effective Parenting
- Achieving Financial Wellbeing
- Separation/Divorce
- Anger Management
- Avoiding Burnout
- Substance Abuse
- Mindfulness
- Work-Life Balance
- Working from Home Effectively
- Setting up a Household Budget

How can CareNow help me?

CareNow is a convenient and flexible way for you to learn, explore new techniques, and focus on building healthy habits.

The CareNow programs are based on the principles of Cognitive Behavioral Therapy (CBT). CBT can help you develop skills and strategies by focusing on changing negative thought patterns, emotional responses, and behaviors.

You can complete the modules at your own pace when it is convenient for you.

How do I access CareNow?

You can get started whenever you are ready. Simply visit login.lifeworks.com (Username; COSB Password: LifeWorks)

From the home page choose **CareNow**

If you have not already created a personal account, you will be prompted to do so.

Is the CareNow program confidential?

Yes. Your use of the CareNow programs are confidential and will not be shared with your organization. We adhere to strict rules and regulations regarding privacy and confidentiality, and we abide by federal and state privacy laws.