



# Go Mobile with the Carebridge EAP App

## Convenient Access to EAP and Life Management Resources

- Mindfulness Podcasts
- Child Care & Eldercare Locators
- Educational Webinars
- Life Management Resources
- Member Support Website

*Get the resources when and where you need them. Download the free Carebridge EAP app now!*



*For Assistance Call 800.437.0911 | [www.myliferesource.com](http://www.myliferesource.com) | Access Code: WBPNF*



*Excellence in Employee Support Services*