



# 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)*



***Excellence in Employee Support Services***