



Carelon Wellbeing

Helping people be their best at home and at work

Everyone experiences personal issues outside the workplace that can impact both quality of life and work performance. Research shows that when people have the right resources to address emotional, personal, legal, and financial challenges, they're happier at work. Productivity increases, health expenditures decrease, and employees are more dependable.¹

Carelon Wellbeing helps people address their everyday concerns before they become unmanageable. With more than 40 years of employee assistance program (EAP) experience in all types of industries, we know how to help employees achieve and maintain a healthier lifestyle.

What we provide

Carelon Wellbeing develops customized EAP solutions around your specific needs, goals, company culture, and values. Members receive quick and easy access to confidential counseling and a robust portfolio of other vital resources to help them address everyday issues including:

- Stress, anxiety, and depression.
- Substance use disorders.
- Financial issues.
- Legal concerns.
- Identity theft recovery.
- Dealing with traumatic events.
- Care for a child, elder, or other dependent.



Stress in the workplace

94%

of workers report experiencing stress at work.²

Mental health concerns

18%

of U.S. workers experience some type of mental health problem annually.³

Burnout

63%

of workers are ready to quit their job due to stress.⁴

When employees thrive, companies thrive

Carelon Wellbeing helps employees succeed at home and at work while improving workplace concerns such as absences and presenteeism.

Absenteeism

70%
reduction

Presenteeism

73%
reduction

Well-being

86%
improvement

Programs built to meet your goals

Today's employees want companies to place their health and well-being front and center. We'll partner with you to build awareness and interest in everything Carelon Wellbeing has to offer. Our targeted approach means you'll be taking the right steps to help improve the engagement, health, and productivity of your employees. You can expect:

Better outcomes using a whole-person approach. We see the whole person and the factors that influence overall well-being. Our clinicians assess emotional, physical, and financial health and connect members to relevant community resources.

Improved access, engagement, and utilization. Members can choose the channel that works best for them—whether on the phone, online, or in person with a qualified EAP provider.

Improved workforce resiliency. Our management consultations, supervisor and staff trainings, and disruptive event response support your entire workforce and help build resiliency in times of stress.

Convenient and engaging digital resources. Members have round-the-clock access to an online portal with a variety of engaging tools. Self-assessments, articles, podcasts, videos, and quizzes allow members to choose exactly what they like.

How can we support your behavioral health goals?

To learn more about what we can do for you, call or email today.

1. Centers for Disease Control and Prevention, *Workplace Health Model*, (accessed February 2023): [cdc.gov](https://www.cdc.gov).
2. The American Institute of Stress, *42 Worrying Workplace Stress Statistics*, (accessed January 2023): [stress.org](https://www.stress.org).
3. Gallup, *The Economic Cost of Poor Employee Mental Health*, (accessed January 2023): [gallup.com](https://www.gallup.com).
4. The American Institute of Stress, *42 Worrying Workplace Stress Statistics*, (accessed January 2023): [stress.org](https://www.stress.org).



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