

## Employee Assistance Program

# Finding support just got easier

## An improved online platform for life's challenges

The pressures of daily living can impact employees at home and at work. The improved Employee Assistance Program online platform makes it easier for your employees to get the support they need to manage everyday problems and questions.

Our enhanced website is easy to navigate, confidential, and available at no additional cost. Employees and their household members can visit [carelonwellbeing.com/jhp](https://carelonwellbeing.com/jhp) for:



Personalized recommendations for care.



Service representatives available through phone, chat, or text.



Access to evidence-based resources including assessments, articles, videos, and podcasts.



The convenience of requesting appointments online.



Enhanced search to easily find providers.



Virtual counseling through video, phone, or chat.



It's easy to connect with us

Call 877-233-0976  
Service representatives available 24/7.

Text 877-233-0976

Monday through Friday 8:00 a.m. to 8:00 p.m. ET

Chat via [carelonwellbeing.com/jhp](https://carelonwellbeing.com/jhp)

Monday through Friday 8:00 a.m. to 8:00 p.m. ET

## Resources for managers

Your well-being matters, too. At times when you need extra support for your leadership responsibilities, we're here to help through:

- Management consultations and support for issues including job performance, problem solving, and communication strategies.
- Training and education on management issues such as diversity, work-life balance, and resilience.
- Disruptive event management when confronted with death, natural disasters, or downsizing.