



Resource Advisor is here with help for life's issues.

Resource Advisor is a confidential member assistance program offering counseling, resources and services to you and your family members. The program includes up to three (3) sessions with a counselor per problem, via face-to-face, video, telephone or text, at no cost.

Support is available 24/7 by calling **888 209-7840** or visiting your member website: **carelonwellbeing.com/resourceadvisor**



You and your household members can receive personalized guidance and help with life's issues



Find a licensed counselor who meets your unique needs and book an appointment online



Get instant access to counseling support, as well as assistance with legal, financial and work life issues



Explore wellness resources that include articles, videos, and podcasts. New topics are updated monthly.

Find confidential counseling, resources and support services for you and your family to help with:

- Anxiety
- Depression
- Relationships
- Stress
- Work-life balance
- Substance Use
- Legal/Financial issues

888 209-7840

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