



Carelon Wellbeing

# Balancing life's challenges

Maintaining a healthy work/life balance isn't always easy. When you need help, your Carelon Wellbeing benefit is here for you. These work/life services are offered to you and your household members at no cost.

## No problem is too big or too small.

Whether you're searching for childcare or a plumber, our Work/Life specialists can help. They can save you time and effort by researching solutions and helping you find answers. Work/life services can help with a wide range of scenarios related to everyday life.



### Childcare

Information and referrals on care options



### Education

Tips for choosing the right school in your area



### Elder care

Transportation to medical appointments and referrals to care



### Pet care

Help finding sitters, grooming, veterinarians, and more



### Home care

Referrals for home maintenance such as plumbers, electricians, or landscapers

## We're here for you

Contact us today. Your conversation will be strictly confidential.



[carelonwellbeing.com/nowoptics](https://carelonwellbeing.com/nowoptics)

**855-590-3966**

