

Worried and anxious?

If life's stress and worries
are getting you down, stop
chewing that pencil and
contact your Caregiver
Assistance Program.



Get started at: [LiveandWorkWell.com](https://www.LiveandWorkWell.com)

(access code *choosewell*)

Phone: 844-875-5716

choose
well



SWEDISH

Feeling lost?

If you're feeling like no one understands you, search for answers in the right places. Get in touch with your Caregiver Assistance Program.



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All jumbled up?

If busy workdays are creating a tangled ball in your stomach, start undoing that knot. Get in touch with your Caregiver Assistance Program



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Relationship tensions?

If tensions at home or work are running high, take a time-out. Get in touch with your Caregiver Assistance Program.



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