

# 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

CovenantHealth 

# 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.



Get started at: **LiveandWorkWell.com**

(access code *choosewell*)

**Phone:** 844-875-5716

**choose  
well**

CovenantHealth 

# 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



Get started at: **LiveandWorkWell.com**  
(access code *choosewell*)

**Phone:** 844-875-5716

**choose  
well**

CovenantHealth 

# Relationship tensions?

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



Get started at: **LiveandWorkWell.com**

(access code *choosewell*)

**Phone: 844-875-5716**

**choose  
well**

CovenantHealth 