



# CareNow.

CareNow gives you the flexibility you need to choose your own path when it comes to care - from participating in exercises and taking assessments, to listening to podcasts and watching videos - all focused on positive behavioral change.

The CareNow service gives you access to a range of programs designed to help with anxiety, depression, stress and more. We will continue to improve our offerings and add new topics continuously, so visit the CareNow page frequently to keep updated.

## To access CareNow:



### Web app

Click on “Wellbeing” from the top navigation and scroll down to the CareNow section.  
Select the appropriate program for you and follow the steps.



### Mobile app

Click on “Wellbeing” from the top navigation and scroll down to the CareNow section.  
Select the appropriate program for you and follow the steps.

**You may be prompted to create a personal user account when accessing CareNow. Simply follow the steps to get started.**

