

Welcome to your new **favorite place**, for all things **well-being**.

We're dedicated to supporting our clients and their members as they embark on a journey toward improved physical & emotional well-being.



Supporting **Social Determinants of Health** through well-being

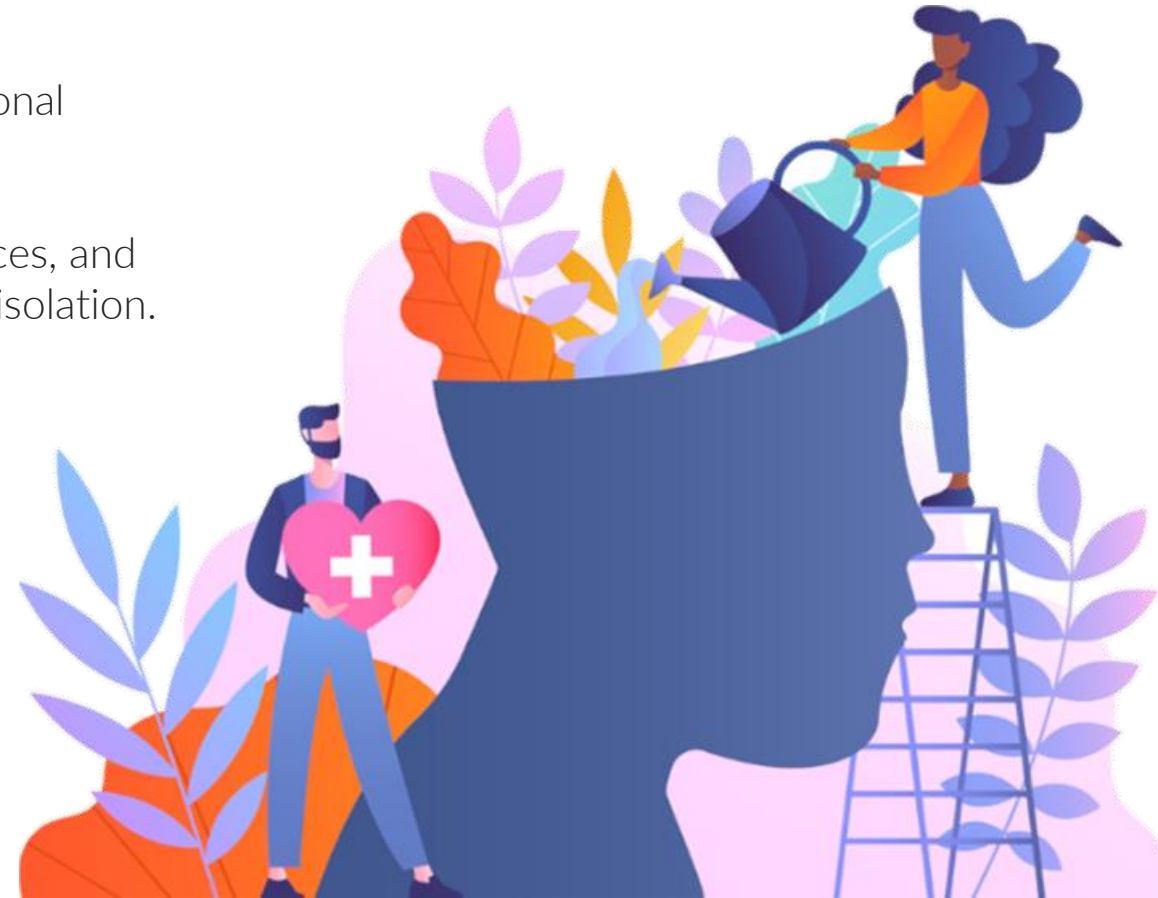
We provide employees and individuals with the resources they need to improve non-medical factors that impact overall health.

Through financial wellness tools, self-assessments, and educational content, we help support economic stability and health literacy.

Our mental health resources, caregiving support groups resources, and interactive tools can help foster social connections and reduce isolation.

By promoting work-life balance and stress management, we enhance workplace well-being, contributing to healthier, more engaged individuals.

As a trusted source for emotional, physical, and financial well-being, our platform empowers people to take control of their health beyond traditional medical care.





User-Friendly Interface



Intuitive Design

Our platform is designed with the user in mind, ensuring easy navigation for all age groups.



Accessibility

Available on multiple devices and in multiple languages, enabling members to access support anytime, anywhere.



Personalization

Personalized content and resources curated from self-assessment results, favorited items, and bookmarked tools to match individual needs and preferences.

Spotlights: Focusing on the **topics that matter**

Empowering individuals to **thrive**, these topics provide tips and resources for navigating challenges and embracing opportunities in both work and life.



Emotional

Our **Emotional Spotlights** incorporates a diverse range of subjects related to understanding, managing, and nurturing one's emotional health.

Some of the key topics we cover include:

- Depression
- Healthy Relationships
- Meditation
- Mental Health
- Mindfulness
- Resilience
- Suicidal Feelings
- Stress Management



Physical

Our **Physical Spotlights** encompasses topics related to maintaining and improving one's physical health and overall well-being.

Some of the key topics we cover include:

- General Health
- Healthy Living
- Mindful Movement
- Nutrition
- Physical Activity
- Healthy Recipes
- Sleep Health
- Smoke Free
- Substance Abuse



Everyday Living

Our **Everyday Living Spotlights** covers a wide scope of topics related to the practical aspects of daily life, focusing on routines, tasks, and activities that contribute to overall well-being and functionality.

Some of the key topics we cover include:

- Adult & Aging
- Daily Life Essentials
- Environmental
- Family & Parenting
- Financial Well-being
- Intellectual
- Legal
- Occupational
- Social & Societal

AI-Powered Guide to Well-Being

Meet **CareGuide**—your personal, **AI-powered assistant** for **quick, reliable** support across all dimensions of well-being

This invaluable tool offers quick and reliable answers to questions across all dimensions of well-being, including emotional resilience, physical health, financial planning, and connecting members to local resources.

CareGuide taps into our curated library of expert information from trusted agency resources. Simply ask a question, and our intelligent bot will swiftly provide insights and resources tailored to your needs.

It's the perfect companion, empowering your members to navigate life's challenges with confidence and ease.

Discover how CareGuide can effortlessly support your population on their journey to a balanced, healthier life—all in just a few clicks!



Comprehensive Features for Holistic Support

CBT Toolkit

Evidence-based Cognitive Behavioral Therapy resources to help caregivers manage their thoughts and behaviors through exercises, coping strategies, and journaling.



AI-Powered Assistant

Quick, reliable support available 24/7, guiding members through our extensive curated library of well-being articles, tips, and resources.



Knowledge Library

Our courses and learning series provide a convenient and flexible way for members to enhance their knowledge of emotional self-care, soft skills, and professional development topics.



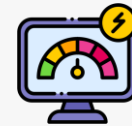
Spotlights

Access to a wealth of information focused on the eight dimensions of well-being, emotional, physical, and everyday living topics.



Self-Screening Tools

Easy-to-use self-serve assessments to monitor emotional and physical health, enabling proactive care.



Savings Center

Save on tickets, car rentals, AARP membership, insurance, travel, vision and dental care, pet services, home delivery, and more! Support members in improving their financial and overall well-being.



Self-Serve Resources

With over 1.5 million providers, we offer localized directories for healthcare options, assisted living facilities, mental health facilities, schools, community support, and more.



Audio & Visual Learning

Explore well-being with expert insights, interviews, and tips on memory loss, fitness, caregiving, and mental health through our diverse podcasts.



Organization Spotlight:

Designed to provide a seamless way to share essential information, forms, and contact details with your member.



Spotlight: CBT Mood Toolkit

Members have access to **in-the-moment** Cognitive Behavioral Therapy **exercises, strategies** and **resources** to navigate challenges, reframe thoughts, and foster resilience.

Exercises

These exercises are designed to provide real-time strategies for addressing and altering negative or unhelpful cognitive patterns, promoting emotional regulation, and fostering healthier responses to various situations.



Journaling & Self Awareness

Here, we encourage the profound practice of journaling as a tool for introspection and personal growth.



Coping Strategies

Includes diverse coping methods, including relaxation techniques and effective stress management strategies.



Self-Assessments

Our quick assessments are designed to help you recognize common symptoms of conditions such as depression and anxiety, gauging their severity and more.



Need More Resources?

We provide CBT meditation videos, breathing exercises, podcasts, worksheets, and additional tools to support your journey.



Self-Assessments

Helps members take that crucial **first step** toward understanding their emotional well-being.

Designed to help members identify common symptoms of conditions like depression and anxiety and assess their severity.

More importantly, upon completion, members receive recommended resources and information based on their score, which they can save in their profile and review anytime.

Our assessments include:

- Anxiety Survey
- PTSD Test
- Depression Check
- Stress Test
- Alcohol & Drug Use Screening
- General Health Assessments

Additional self-assessments

include: The **Dimensions of Wellness**, these eight assessments focus on physical, financial, emotional, social, intellectual, environmental, and occupational well-being.





The Feed

Our platform keeps members informed with **real-time** updates from health and wellness experts, featuring current news, events, videos, tips, and uplifting quotes.

The **feed** also **empowers** your organization to share engaging and timely content, **strengthening connections** and **enhancing corporate culture**.

Spotlight Your Organization

This **dedicated area** is designed to provide a **seamless way** to share essential **company information** with your members.

Key Features Include:

- Member Benefits Overview
- Promotional Block
- Support Connections
- Internal Contact Directory
- Downloadable File Library
- External Links List

Ensuring your members **stay informed, engaged,** and **connected** to everything your organization has to offer.





Member Profiles

The **Member Profile** section **centralizes activities, certificates, and content**, while offering **personalized recommendations** and tracking **accomplishments** to enhance engagement and learning.

- Centralizes Member Activity
- Easy Content Access
- Accomplishment Tracking
- Personalized Recommendations

Savings & Discount Center

More perks. More savings. More of what makes you happy.

We're here to support your personal and financial well-being through exclusive deals and limited time offers on the products, services, and experiences you need and love.

- Electronics
- Appliances
- Apparel
- Cars
- Flowers
- Fitness Memberships
- Gift Cards
- Groceries
- Hotels
- Movie Tickets
- Rental Cars
- Special Events
- Theme Parks
- And more!

Powered by
working
ADVANTAGE



Your Admin & Content Hub

Easily **share timely updates** or **tailored content** directly with your patients.

Securely **store** and **share documents** with ease. **Upload** files like **flyers, newsletters** and **forms** to our protected location and grant convenient download access.

The **Feed** feature helps you share upcoming **events**, internal **updates** and **announcements**, **inspirational quotes**, and **wellness tips** directly with your employees, ensuring timely and engaging communication.

Reporting

Access **comprehensive** web **utilization reports** that allow you to monitor engagement trends, track usage, and understand which content resonates most with your patients.



Effective Communication & Promotion

Collaborative Promotional Planning: Together, we'll co-create a comprehensive and impactful promotional plan tailored to your goals.

Customized Well-Being Messaging: We craft targeted communications addressing key well-being topics to engage and support your audience.

Training & Coaching Services

Our programs are fully customizable, responding to demographics, client feedback, and the latest trends in work-life balance, wellness, and workplace culture.

We deliver timely training and coaching programs tailored to your needs.

All coaches are rigorously screened for experience, training, emotional intelligence, and empathy, ensuring they can effectively relate to clients. Intuition and innovation are key to their success.

Learn more:

To **discover** more about us and our platform and services, schedule a personalized demo to see our website in action.

Visit Us:

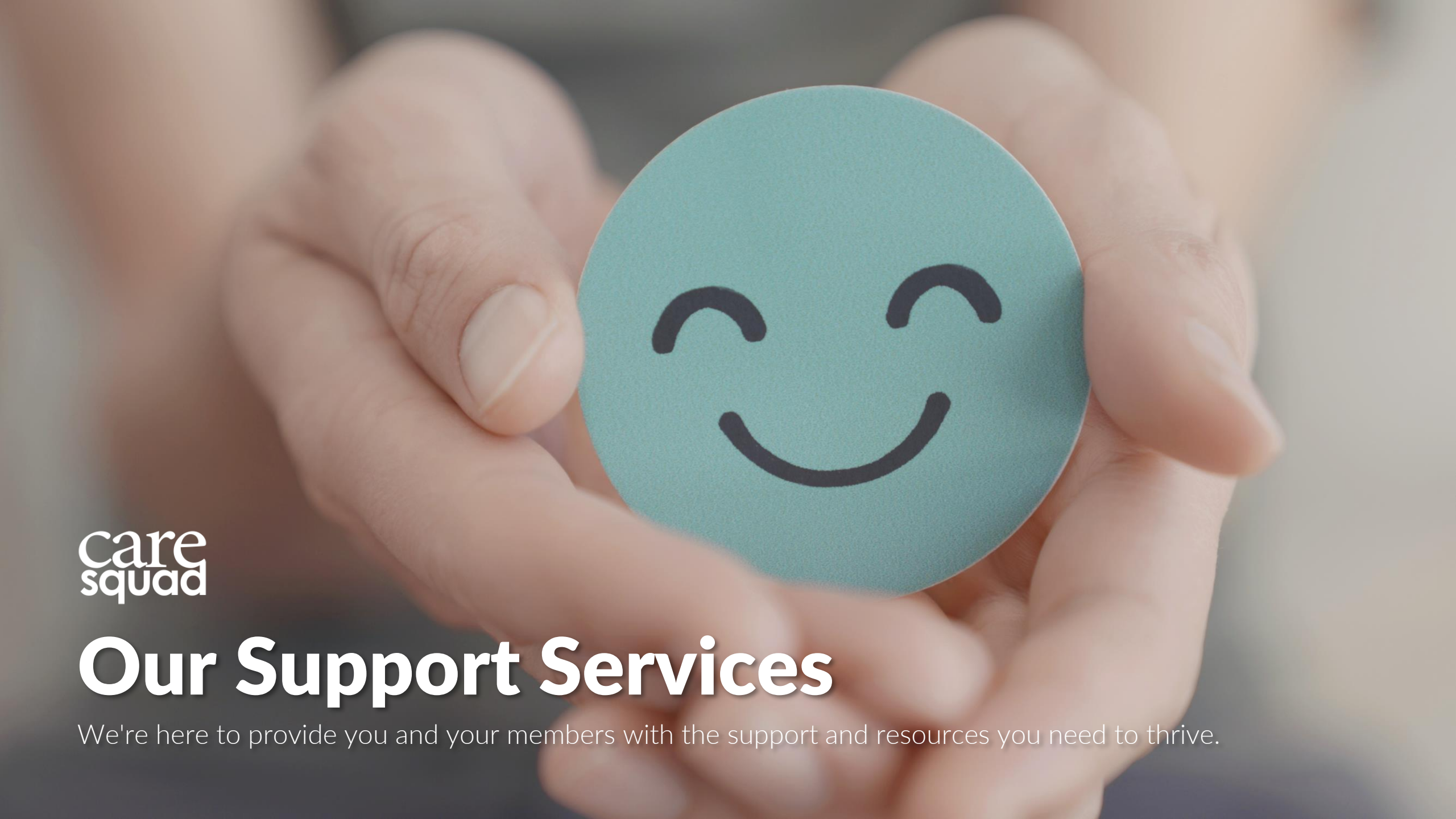
app.caresquad.com



SCAN ME
To download
on you phone



[Link to YouTube Video](#)



care
squad

Our Support Services

We're here to provide you and your members with the support and resources you need to thrive.

Your well-being matters, and we're here to support you and your members every step of the way.

Whether you're seeking guidance on managing stress, improving work-life balance, or navigating personal challenges, our confidential services are designed to help you thrive both at work and at home.



Empowering well-being through **personalized** support

We're your **trusted partner** in helping employees **navigate life's challenges** and find the **right support** for their unique needs.

Providing professional support through **counseling, coaching, and spiritual care** for a wide range of concerns including:

- Relationship conflict
- Stress & coping with change
- Grief & loss
- Family and marital issues
- Depression, anxiety, adjustment disorders, and more



24/7 Support: With 3 or 5 Sessions tailored to your employees needs.



Members can choose their preferred mode – telephonic, video, chat or text.



Three Confidential Strategies for enhancing your employees' mental well-being.

Counseling

Addresses mental, behavioral, and emotional challenges to enhance your employees' overall well-being. It provides an effective way to overcome obstacles in their personal and professional life. They can speak confidentially with a licensed counselor about their unique circumstances and work together to achieve their goals—whether it's improving existing skills or developing new ones.

Coaching

A certified professional focuses on enhancing your overall well-being, resilience, and personal growth. This confidential service empowers employees to build coping strategies, manage stress, and adopt a positive mindset, helping them take a proactive approach to mental well-being.

Spiritual Care

Offers a non-religious, yet spiritually guided, journey that is distinct from mental and behavioral health care. Our clinically trained, board-certified chaplains can help employees navigate pain, distress, or the need for change by identifying their strengths, discovering meaning, and finding sources of nourishment and renewal.



We're Dedicated to Helping You Find Support for a Variety of Needs.

Members enjoy access to a comprehensive suite of life management services. Our experts provide personalized guidance, consultations, and valuable resources on a wide variety of topics, including:

- Financial Consultations
- Legal Services and Documents
- Elder and Adult Care
- Parenting and Child Care
- College Resources
- Adoption Assistance
- Pet Care
- Health and Well-being Resources
- Work and Career Development
- Home and Life Resources



Members receive comprehensive referral information, including tip sheets, checklists, and other educational resources, to help them make well-informed decisions.



Protect Your Employees with Fraud Resolution and Identity Theft Services

In partnership with Consolidated Legal Concepts (CLC), we can provide your employees with confidential, accessible support to navigate fraud-related emergencies and identity theft.

If your employees face a fraud-related crisis, CLC is here to help restore their identity and credit with:

- **Expert guidance** to dispute fraudulent debts and protect their financial reputation.
- **Practical advice** for communicating effectively with creditors and collection agencies.
- **Legal support** through a free initial consultation (up to 60 minutes) with an attorney, plus a 25% discount on attorney rates for ongoing representation.
- **Dedicated assistance** from a certified Fraud Resolution Specialist™ (FRS) to manage seven critical emergency response activities.
- Give your team the confidence of knowing they're supported when they need it most.

Highly Trained Fraud Resolution Specialist™ CLC's highly trained Fraud Resolution Specialists™ are certified under the Fair Credit Reporting Act (FCRA) or are licensed attorneys. FCRA Certification is provided by the Consumer Data Industry Association (CDIA).



About Us: Passion, Purpose, and Experience

We are more than just a women-owned business—we are a team driven by a deep passion for well-being and a commitment to making a meaningful impact.

Since the 1980s, our team members have been at the forefront of the Work-Life and Employee Assistance Program (EAP) industries, pioneering solutions that support individuals, families, and organizations.

With over 100 years of combined experience, we have gained invaluable insight into the challenges organizations and businesses face in meeting the diverse needs of their people.

Our work is not just a profession—it's a calling. We take pride in creating resources, tools, and solutions that empower individuals to lead healthier, more balanced lives.





Join Us in Empowering Well-Being

Let's work together to provide your members with the tools and resources they need to thrive. Contact us today to learn more about how our platform can enhance your organization's support services!

Call Us: 470.377.5860

Email: sales@caresquad.com

Visit Us: caresquad.com

LinkedIn: <https://www.linkedin.com/company/caresquad>

SCAN ME

