

# Unlocking a Healthier Workplace with Our Products & Services!

At CareSquad, we understand that a healthy work-life balance is essential for productivity and overall well-being. Our products and services are designed to support your employees in navigating personal and professional challenges.



## Explore our a la carte offerings tailored to meet your unique needs!



### Well-being Member Platform: A Wealth of Knowledge at Your Fingertips

Our Well-being Member Platform is a comprehensive platform with a curated collection of well-being content, tools, and resources. It features *CareGuide*, our AI chatbot, which offers quick, reliable answers on holistic well-being, covering emotional resilience, physical health, stress management, coping strategies, and social connections.



### CareGuide Plus: Emotional Support Chatbot

*CareGuide Plus* is our AI chatbot specifically designed to assist individuals in navigating their emotional experiences, incorporating all the knowledge of *CareGuide* while focusing more on mental health support. It delivers personalized guidance, evidence-based exercises, and coping strategies grounded in medical and psychological research.



### EAP Call Center: 24/7 Support

Our EAP Call Center provides confidential support to employees facing personal or work-related challenges. Whether it's stress management, mental health support, or family issues, our trained professionals are available 24/7 to assist your team.



### Work-life Call Center

Our Work-life Call Center is here to help employees manage their daily responsibilities. From childcare and eldercare resources to financial planning and legal assistance, our experts are just a call away.



### Trainings, Webinars, and Support Groups

We offer a variety of engaging trainings, webinars, and support groups designed to enhance employee skills and foster a supportive community. Topics include stress management, work-life balance, and resilience training.



### Therabot-Pro: Your Essential AI Companion for Mental Health Research

*Therabot-Pro* is designed specifically for our internal call center counselors and staff. This essential AI companion streamlines mental health research, providing you with research insights, SOAP notes, and actionable plans within seconds. By helping you optimize these processes, *Therabot-Pro* allows you to focus more on what truly matters—your patients

## Empower Your Team

Supporting Your Team, One Step at a Time.



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