

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.

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

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

Need Consulting Services?

Our work-life consultation service and products offer affordable, tailored strategies to enhance your offerings and boost member satisfaction, helping organizations create a happier and thriving workplace.

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 members to take control of their health beyond traditional medical care. This holistic approach not only enhances individual well-being but also helps improve employee engagement and retention.



Get Started Today!

Take the first step toward enhancing your employees' well-being.

470.377.5860

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care
squad

Unlocking a Healthier Workplace with Our Products & Services!

Whether employees seek immediate assistance or long-term guidance, they can access reliable, practical solutions whenever they need them. This comprehensive support system empowers individuals to navigate challenges, enhance their well-being, and stay engaged, productive, and balanced in both their personal and professional lives.

Product and Service Pricing

Well-being Member Platform

To get started, the first step is to license our portal. Once you have access, you can easily add our other services. Alternatively, you can license the website only.

Begin No. Lives	End No. Lives	PEMP Price
1	99	.25
100	250	.21
250	499	.16
500	1,000	.14
1,000	2,500	.10
2,500	5,499	.07
5,000	9,999	.06
10,000	49,999	.05
50,000	99,999	.04
100,000	249,999	.03
250,000	+	Contact Us

Get started with a one-time website setup fee.

Unlock 24/7 Virtual Counseling

Empower your employees with access to expert clinical care anytime, anywhere.

Counseling Services Access:

- Just \$1.25/month per employee
- Minimum of 25 employees required

Clinical Sessions:

- \$99 per session
- Minimum of 4 sessions required
- Sessions are only billed when services are used

Training & Coaching Options

- Virtual live, interactive webinars (*one hour*) are available on over 200 topics related to work, leadership, life, and behavioral well-being. These are offered at **\$495** per hour.
- Leadership and life coaching by an ICF Certified Coach are available virtually for **\$150** per one-hour session; packages can also be purchased.

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

Empower your employees to achieve a healthier work-life balance with our comprehensive platform and personalized one-on-one counseling services, available 24/7. Designed to support every aspect of employee well-being, addressing physical, emotional, financial, and social needs. In addition to our self-assessments, learning tools, and expert-led webinars, we offer professional one-on-one on-demand support through counseling, coaching, and spiritual care.

Well-being Member Platform

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.

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

It helps employees manage daily responsibilities, offering expert support with childcare and eldercare resources, financial planning, and legal assistance—all just a call away.

(Our Work-life Call Center is available as an optional service for groups with a minimum of 1,000 employees.)

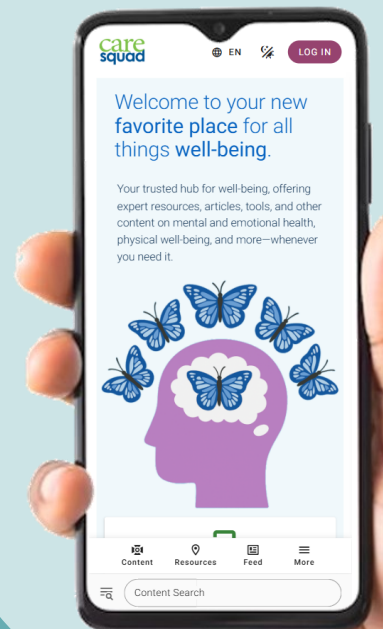
Trainings, Webinars, and Support Groups

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.

Comprehensive Features for Holistic Support

Our Member Platform is a comprehensive platform with a curated collection of well-being content, tools, and resources.

- CBT Mood Toolkit
- Content Spotlights
- Self-Serve Resources
- AI-Powered Assistant
- Self-Screening Tools
- Savings Center



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

Confidential Support for Your Employees' Mental Well-being

Help your team overcome personal and professional challenges with private, one-on-one counseling. Licensed counselors provide confidential guidance to address mental, behavioral, and emotional needs—empowering employees to achieve their goals and strengthen their overall well-being.



At CareSquad, we are passionate about delivering innovative solutions that promote holistic well-being.

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. *Our work is not just a profession—it's a calling.*