Carelon Wellbeing

# Support for better living

No issue is too big or too small. Receive no-cost confidential assistance today.

### Counseling

Schedule an appointment with a licensed counselor. Help is available online or in-person at times that work for you. You and your household members each receive **3** visits per issue per year.

### Legal and financial services

Connect with legal and financial experts for free, private consultations on real estate, financial advice, family law, investing, and planning for the future.

### Support for work-life balance

Access resources and receive referrals to help with child and elder care, education, consumer resources, home maintenance, pet care, and daily living.

### Digital resources

Get started today by visiting the Carelon Wellbeing website to explore available services, find counselors, and request appointments. You can also read, watch, and listen to well-being content provided by our partners at CredibleMind.



**Reach out at any time — it's easy to connect with us.**

**Choose the method that's most convenient for you:**

**Call or text: 844-327-8873**
**Visit: carelonwellbeing.com/tusd**
**Chat with us online or in the app.**
**Download the app.**

carelon Behavioral Health