

# When you're feeling overwhelmed

Evernorth Confide is here to help.



## A listening ear. A guiding hand.

You may be dealing with emotional issues due to stress, anxiety or depression. Have concerns with your spouse, kids or other family members. Or need help managing a financial, legal or workplace-related issue.\* Knowing you have someone you can turn to is important. **Confide Behavioral Health Navigator<sup>SM</sup>** will provide guidance when you need it most **for Concordia Health Plan members and anyone residing in their household.**

### Your care navigator can help:

- + Provide an expert assessment to match you with a therapist who's right for you.
- + Find a therapist who has open appointments or get you in to a virtual care appointment within 48 hours.
- + Quickly respond to your needs in a crisis situation.
- + Provide in-the-moment support with an on-staff clinician, and more.
- + Guide you toward cutting-edge digital resources.

### Get live help in real time.

- + **It's convenient** – You can chat online or call us anytime day or night.
- + **It's personal** – You'll get personalized support from a licensed professional who will listen to your concerns and help find the right solution for your needs.
- + **It's included in your Concordia Health Plan** – You or anyone in your household can use this confidential service at no additional cost and get eight free sessions per topic, per year.



### 100% follow up

After your initial call, we'll check in with you to see if you're happy with your therapist or to provide additional support if needed.

Get started at  
[evernorth.com/ConcordiaPlans](https://evernorth.com/ConcordiaPlans)

or call **866.726.5267**

Employer ID: **CONCORDIA**



\*Legal consultations related to employment matters are not available under this program.  
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