

Do current events
have you

FEELING OUT OF SYNC?

We're here to help.



Get **Immediate** Free, Confidential Support.

- Call **800.344.4222** to speak one-on-one with a licensed counselor
- Visit **employees.concernhealth.com** - online therapy options like real-time chat and 24-7 secure messaging.



Concern's Digital Platform

Your front door to everything Concern has to offer. After a quick digital assessment, Concern's platform will create a custom dashboard of select life balance solutions and self-help tools personalized to your needs and will match you to a counselor when needed.

Family Health Centers of San Diego, Inc.

Services are available to all employees, and to their spouse/domestic partner and dependent children up to age 26.



Visit employees.concernhealth.com and log in with your company code **FHCSD** for easy access to all available Concern services.

Counseling Benefits

In-Person, Telephone, & Video Counseling

Concern offers assessment, crisis intervention, referrals, and confidential short-term counseling for help with personal issues. Up to 6 visits, per problem, per year with a skilled Concern counselor for help with: Difficulty with relationships • Emotional distress • Job stress • Communication / conflict issues • Alcohol or drug problems • Loss and death

Online Therapy

Concern now offers more ways to connect with a dedicated counselor via:

- Phone
- Video
- Chat
- Text (asynchronous messaging)

This secure web-based technology gives you the flexibility to access your counselor from anywhere at any time.

Life Balance Solutions

Financial Coaching

Get sound financial guidance to help you manage money wisely and develop long-term financial security. Referral includes up to two 30-minute telephone consultations. Example topics: Money management • Debt management • Identity theft resolution • Tax issues

Legal Consultation

We can link you to a local attorney for a free 30-minute office or telephone consultation for legal issues not related to employment. These may include: Estate planning • Wills & living trusts • Landlord-tenant matters • Immigration • IRS matters • On-line legal forms

Adult Care Resources

We'll help you find the most appropriate resources to help you care for an elderly or disabled relative. A complimentary copy of **How to Care for Aging Parents** is available upon request.

Parent & Childcare

Referral available to quality providers for a variety of services, including: Family day care homes • Infant centers & Preschools • Adoption Assistance • Before/after school care • In-home childcare • 24-hr care • School-age & College Assistance • Complimentary New Baby Kit

Help Wherever You Are

Accessible from your phone, tablet or computer. Easily get the help you need, when you need it:

- Simple digital intake
- Client-counselor matching
- Video counseling self-scheduling
- Guided self-help tools
- Digital therapeutics

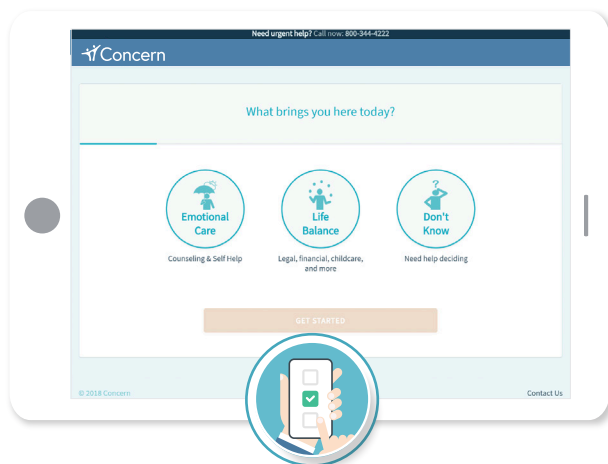


Concern's Digital Platform

Easy, timely, and confidential access
to personalized counseling, life-balance,
and self-help resources.

Life is getting busier, and trying
to juggle work, family, finances,
and more can be challenging.

Keeping things on track can be stressful.
Concern's powerful and simple-to-use digital
platform quickly connects you to the help
you need to navigate life's ups and downs.



Help Wherever You Are

Accessible from your phone, tablet or
computer, the platform is your digital
front door to everything Concern has to
offer. It combines technology, counseling,
self-help tools, life balance resources, and
compassionate human interaction all in
one place. Easily get the help you need,
when you need it, and on your own terms.



Simple Digital Assessment

Answering a few questions quickly
leads you to a custom care plan



Dynamic, Personalized Dashboard

Here, you can request additional help,
track progress and find the customized
resources you need in the moment



Personalized Self-Help Tools & Life Balance Solutions

Guides you to specific resources like apps,
videos, articles, consultations, and service
referrals, all customized to your needs



Client-Counselor Matching

Helps you find a professional you're
comfortable confiding in from the
start while maintaining privacy



Convenient Counseling Choices for Busy Lifestyles

Choose from multiple counseling modes,
including in-person, video, telephone,
live chat, and text therapy options

You can count on our platform for
confidential, 24/7 access to the
Concern services you've always relied on.

Getting started is simple.

Just visit employees.concernhealth.com,
log in with your company code, and follow
any of the in-page links to begin. For questions
about Concern, or for immediate support
call **800-344-4222**.