

# Confidential support to help you thrive.



Your life can be stressful or overwhelming. Guide+Thrive Concierge is here to help. Whether you or a household member needs a referral for life’s daily needs or mental well-being support, Guide+Thrive Concierge is here to listen and assist. Get personal, confidential help from specialized Care Concierges who are educated on our culture and benefits.

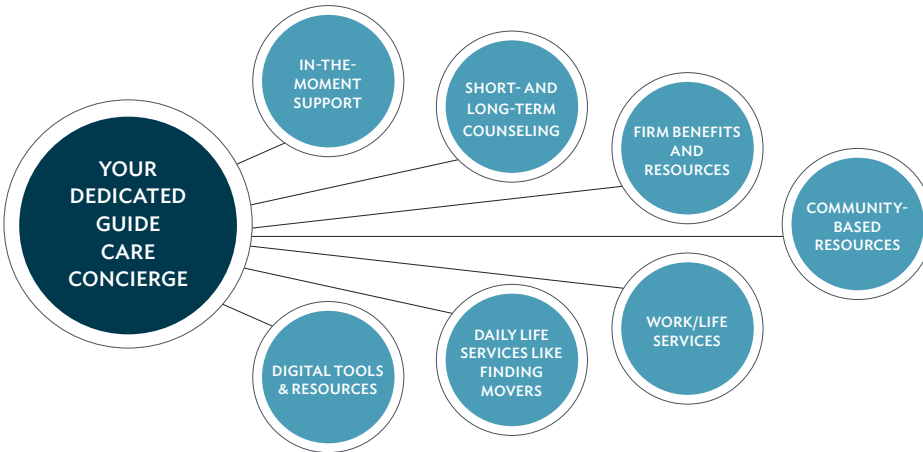
EMOTIONAL	CAREER	PHYSICAL	FINANCIAL	SOCIAL
<ul style="list-style-type: none"> <li>Anxiety</li> <li>Burnout</li> <li>Depression</li> <li>Coping with Grief</li> <li>Substance Misuse</li> <li>Crisis Support</li> </ul>	<ul style="list-style-type: none"> <li>Balancing Demands</li> <li>Stress Management</li> <li>Generational Understanding</li> <li>Conflict Resolution</li> <li>Professional Growth</li> </ul>	<ul style="list-style-type: none"> <li>Self-Care</li> <li>Sleep Habits</li> <li>Diet/Nutrition</li> <li>Fitness</li> <li>Lifestyle Management</li> <li>Coping with Disease/Illness</li> <li>Maternity Support</li> </ul>	<ul style="list-style-type: none"> <li>Managing Debt</li> <li>Budgeting</li> <li>Smart Spending Habits</li> <li>Planning for the Unexpected</li> <li>Retirement Planning</li> </ul>	<ul style="list-style-type: none"> <li>Relationships</li> <li>Parenting</li> <li>Caregiver Support</li> <li>Work Connections</li> <li>Social Inclusion</li> <li>Support Network</li> <li>Travel Planning</li> </ul>

Care Concierges are available from 8 a.m. - 8 p.m. ET, Monday through Friday. Outside of these hours, and on a 24/7 basis, there are additional master’s level clinicians available to provide high-touch intake, in-the-moment support and initiate care planning.

**Services are available 24 hours a day, 7 days a week.**  
 Call **888-784-5665**, Visit [my.bhsonline.com](https://my.bhsonline.com), ID: **DLAPIPER**  
 or via the ConciergeConnect mobile app.

# Guide+Thrive Concierge Services

We connect you to the right resources at the right time — contact Guide+Thrive Concierge for confidential guidance, care planning, resource navigation and support. Guide+Thrive Concierge services include employer-paid counseling sessions, work/life services and convenience services and more. If you require referrals for longer-term counseling or treatment, your Care Concierge will work with you to locate providers covered by your health insurance plan. Employees and their household members are eligible to use Guide+Thrive Concierge services.



## WORK/LIFE SERVICES

Reclaim some of your time and make life more manageable by taking advantage of our work/life services, including:

- ✓ Child care and elder care referrals
- ✓ Support for legal and financial matters
- ✓ Convenience care for daily life needs (like finding pet care or movers, planning a vacation, and more)

## How it Works

Every person’s path to well-being is unique. No matter what is going on in your life, Guide+Thrive Concierge will ensure you get the right help and support, personalized to your needs.

<h3>CONTACT</h3> <p>Multiple ways to initiate services:</p> <ul style="list-style-type: none"> <li>• Call <b>888-784-5665</b></li> <li>• Book a consultation using the <a href="#">online scheduler</a></li> <li>• Visit <a href="http://my.bhsonline.com">my.bhsonline.com</a> ID: <b>DLAPIPER</b></li> <li>• Download the ConciergeConnect app</li> </ul>	<h3>ASSESS</h3> <p>Speak with a master’s level clinician:</p> <ul style="list-style-type: none"> <li>• Phone- or video-based consultations</li> <li>• Speak with experienced behavioral health clinicians</li> <li>• Collaborate on a personalized care plan to meet your needs</li> </ul>	<h3>SUPPORT</h3> <p>Connection to appropriate support:</p> <ul style="list-style-type: none"> <li>• Identify appropriate support resources</li> <li>• Connect you to your preferred resource(s)</li> <li>• Facilitate scheduling, when applicable</li> <li>• Check in on your progress</li> </ul>	<h3>THRIVE</h3> <p>Follow-up from your concierge throughout your engagement:</p> <ul style="list-style-type: none"> <li>• Keeps you focused, motivated, and empowered to address your challenges</li> <li>• Ensures the goal of your service is achieved</li> </ul>

**Schedule a Consultation today!**

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GET THE APP

