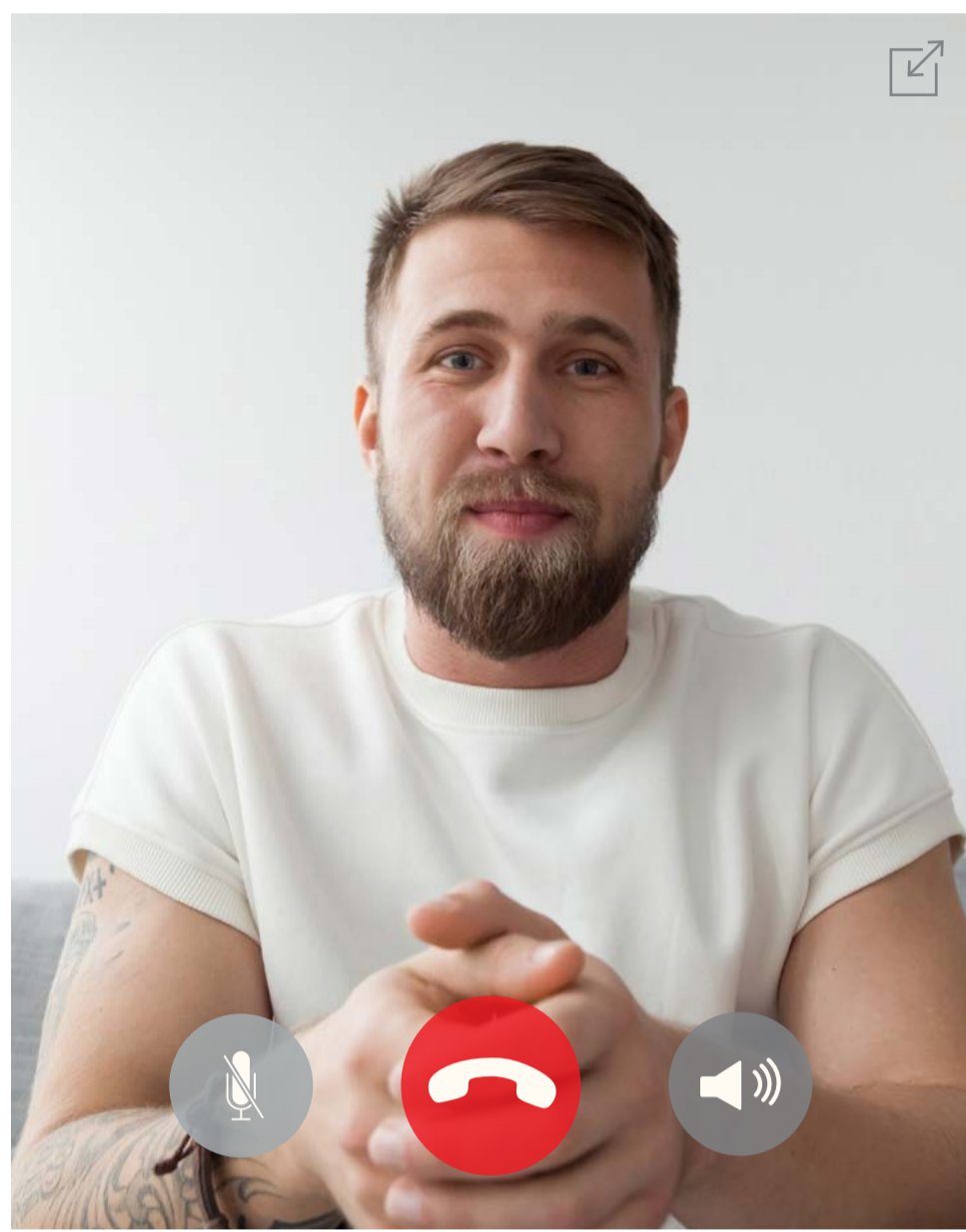


## Managing your wellbeing

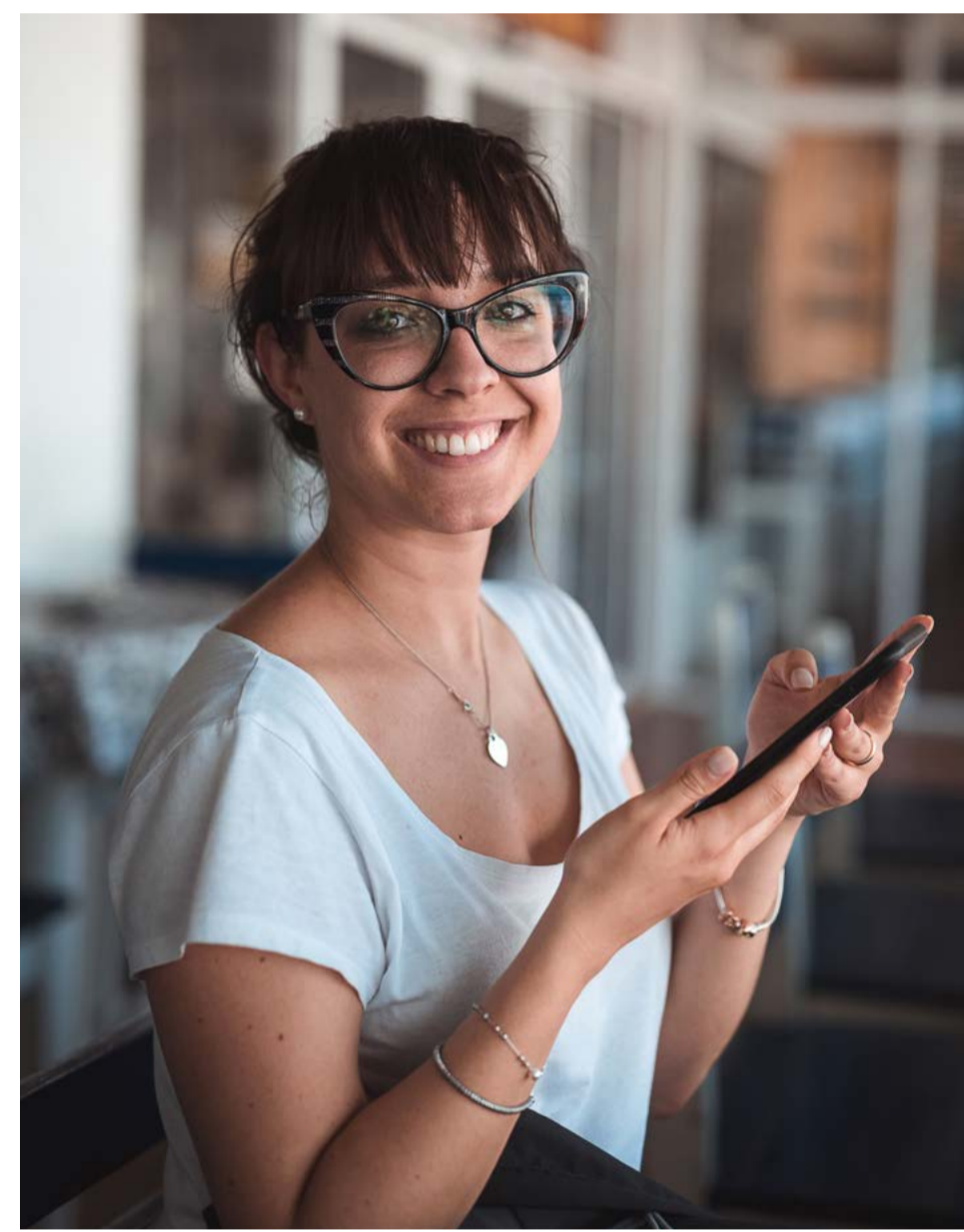
Life is busy. When you need more resources to manage it all or to manage an issue, we have professionals that can help.

Your **Beacon Wellbeing** benefit offers information, guidance, and support to help you and your family reach your personal and professional goals. It is part of the benefits offered by your employer, and is available at no cost to you.

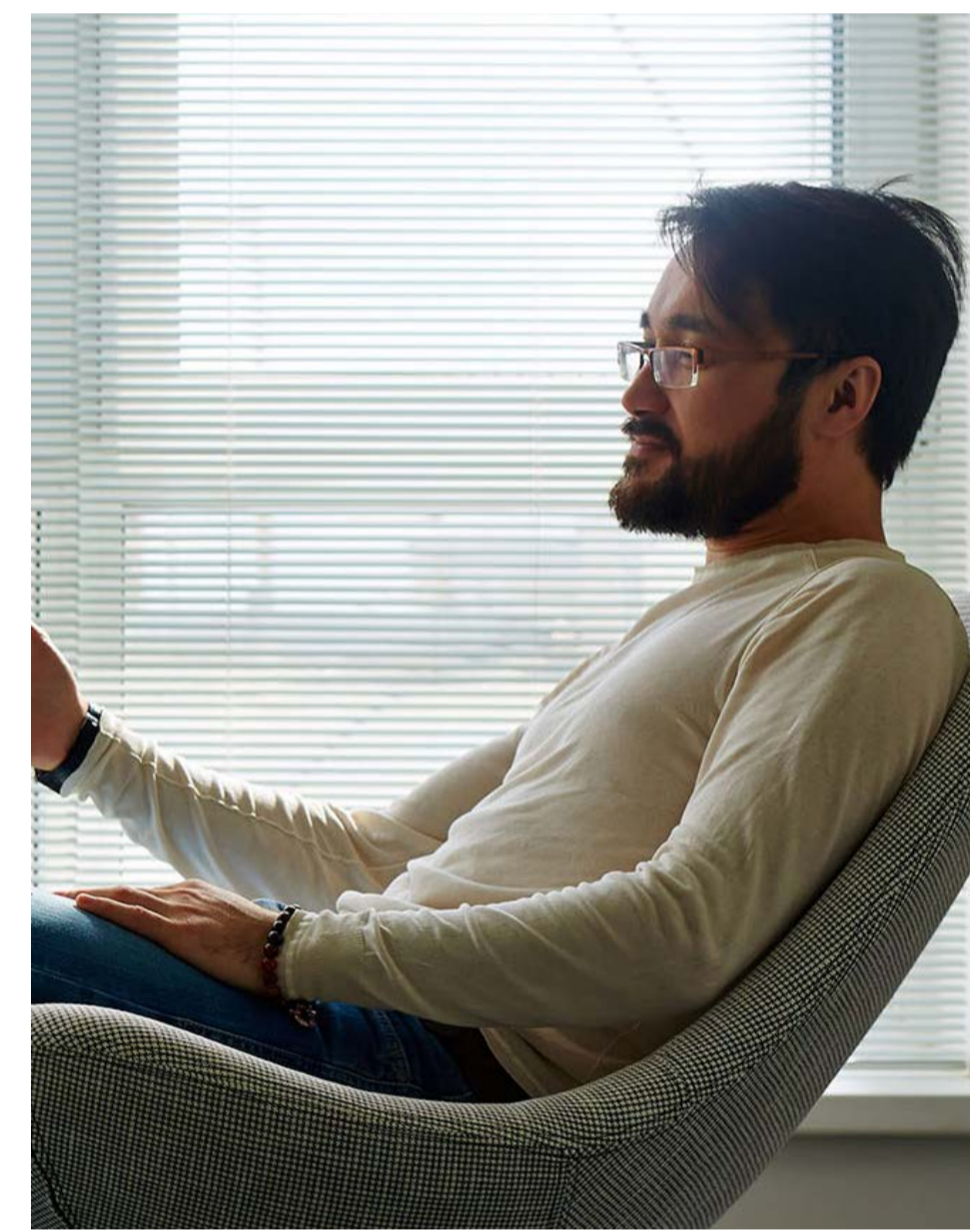
### Choose how you want support



Video



Phone



In-person

### How it works

Go online or call the toll-free number below any time. Professional counselors are available to help identify your issue and guide you to the appropriate support.

### Counseling services

Talk with a licensed counselor for support with issues such as managing stress, strengthening relationships, work/life balance, and grief and loss.

### Legal and financial services

Talk to a financial or legal expert for consultations and discounts on services provided for divorce, real estate issues, debt management, and budgeting.

### Work/life services

Obtain professional resource and referral services related to child and eldercare, education, growing families, consumer resources, home maintenance and repair, and daily living resources.

### Online resources

You can find information to help improve your health, manage life events, as well as search for providers in your area.




#### SERVICES INCLUDE:

# 6

**no-cost sessions**  
as defined by  
your benefit.

## Contact us

 [bcbsmn6.mybeaconwellbeing.com](https://bcbsmn6.mybeaconwellbeing.com)

 800-432-5155

Blue Cross® and Blue Shield® of Minnesota and Blue Plus® are nonprofit independent licensees of the Blue Cross and Blue Shield Association.

Achieve Solutions and Beacon Wellbeing are part of Beacon Health Options, Inc., an independent company providing behavioral health services.

### Privacy is a priority

Your personal information is kept private as required by state and federal laws. No one will know you have accessed the program services unless you grant permission or express a concern that presents a legal obligation to release information (for example, if it is believed you are a danger to yourself or to others).

