



## City of San Jose Non-Sworn Benefited Employees

Your all-in-one mental health,  
employee wellbeing solution at  
no cost to you or your family

### HELP WHEN YOU NEED IT\*



#### Confidential Counseling\*

In-person, Telephone, Video, Text, Chat  
Experienced, licensed counselors help with:

- . Stress, anxiety
- . Major life changes
- . Communication
- . Grief and loss
- . Relationships
- . Substance abuse
- . Emotional wellbeing
- . Job stress

#### Coaching

Learn new skills, enhance mood, and lower your stress. Through the process of goal setting and taking specific actions, you can improve your job and life satisfaction. Focus on sleep, burnout, work-life balance, weight management, and more.

#### In-the-Moment Support

In distress or just want to talk? Maybe you're worried about kids, anxious about work, or had a fight with a family member. A Concern counselor is here to listen and help you plan a positive next step.

#### Work-Life Resources

Receive expert guidance for life's expected and unexpected events, helping you find a happier balance at home and less distraction at work. Help with **financial\*** issues, **legal\*** concerns, **adult care\*** resources, **parenting and childcare\*** referrals.

#### Guided Mindfulness

Full suite of live and on-demand mindfulness solutions designed for daily use. Discover resources to help you build and sustain healthy habits. Access through your digital dashboard.

### GETTING STARTED IS EASY

Just call **800-344-4222** 24/7 or visit **employees.concernhealth.com\*** and log in with your company code **sanjose**. Then click on "Get Services" to create your confidential digital dashboard. Check out **this video\*** for a brief introduction to Concern.

### YOUR BENEFITS

Your Concern benefit is available employees designated to work 20+ hours per week, your spouse/domestic partner, and dependent children up to age 26.

- **Counseling.** Up to **8** visits per person, per issue type, per 12-month period.
- **Coaching.** Four 30-minute phone sessions per 12-month period with an experienced, certified coach.
- **Financial.** Free one to two 30-minute phone consultations with a certified financial specialist.
- **Legal.** Free 30-minute consultations with a qualified attorney. 25% discount off normal hourly rates if you retain their services.

*\*Open links for more detail*