



Your digital front door to everything Concern has to offer. After a quick digital assessment, Luma 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.

## Swinerton

Services are available to all employees and to their spouse/domestic partner and dependent children up to age 26. No enrollment is necessary.



Visit [employees.concernhealth.com](https://employees.concernhealth.com) and log in with your company code **SWINERTON** 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 10 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

### 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

### 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.

### 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

### 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