



Carelon Wellbeing

Weight Management Benefit

Free counseling and tools to help you develop and reach goals

How it works

You have up to six (6) sessions with a master's level counselor, who specializes in motivational interviewing. Receive support and encouragement so you can reach your weight loss goal, with one-on-one help to get where you want to go.

Mindfulness tools

Practicing mindfulness is one way to improve your health, mental health and overall well-being. eM Life provides resources to enhance mindfulness. Access helpful tools anytime, anywhere. Use the program to improve health and focus on topics including stress, food, and healthy eating. Classes are available live or on-demand.

Visit the Carelon Wellbeing website to access articles, videos, podcasts, and other tools that can help you and your loved ones with life's challenges.

carelonwellbeing.com/baxter | 877-361-4658



Online tools

Cognitive behavioral therapy strategies may be able to help. CBT takes into account a person's thoughts or perceptions and how those affect emotions and actions. The skills can be applied immediately to problems we have in the present. This can include healthy eating and managing your weight. Visit the website for access instructions to learn tools and techniques to support healthy eating and weight management through one of seven programs including Resilience, Stress, and Insomnia.

Get started today

This confidential program is free for Baxter employees and dependents.



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