

Finding support just got easier

An improved online platform for life's challenges

The pressures of daily living can impact at home and at work. The improved Carelon Wellbeing online platform makes it easier for your to get the support they need to manage everyday problems and questions.

Our enhanced website is easy to navigate, confidential, and available at no additional cost. Employees and their household members can visit carelonwellbeing.com/bcbsnc for:



Personalized recommendations for care.



Service representatives available through phone, chat, or text.



Access to evidence-based resources including assessments, articles, videos, and podcasts.



The convenience of requesting appointments online.



Enhanced search to easily find providers.



Virtual counseling through video, phone, or chat.



It's easy to connect with us

Call 877-764-5643

Service representatives available 24/7.

Chat via carelonwellbeing.com/bcbsnc

Monday through Friday 8:00 a.m. to 8:00 p.m. ET

Resources for managers

Your well-being matters, too. At times when you need extra support for your leadership responsibilities, we're here to help through:

- Management consultations and support for issues including job performance, problem solving, and communication strategies.
- Training and education on management issues such as diversity, work-life balance, and resilience.
- Disruptive event management when confronted with death, natural disasters, or downsizing.