Concern

Help for What Keeps You Up at Night

Confidential, expert wellbeing support for you and your family.

For Institute on Aging

Available at no cost to all full-time employees working 30 or more hours per week, their spouses/domestic partners, and children up to age 26.

Confidential Counseling

In-Person | **Telephone** | **Video** | **Text** | **Chat**

Talk with a licensed counselor about what's going on, whether it's stress, anxiety, grief, relationship challenges, substance use, or a major life change.

Up to 5 visits per person, per problem type, per 12-month period.

Coaching & Relationship Support

→ **Personal Coaching.** Work with a coach on goals, habits, stress, and everyday challenges.
Four 30-minute phone sessions per 12-month period.

→ **Parent Coaching.** Get practical guidance for parenting challenges and next steps.
One 60-minute startup call and two 30-minute follow-up calls per 12-month period.

→ **OurRelationship.** Build stronger communication and connection through a self-paced or coach-guided program.

→ **Marital Dispute Advisors.** Get help understanding the legal, financial, emotional, and practical aspects of marital/LTR transitions.

Money & Legal Help

→ **Money Coaching.** Get personalized guidance for budgeting, debt, planning, and other money concerns.
Two 30-minute consultations per issue, per 12-month period.

→ **Legal Consultations.** Get answers to legal questions and guidance on next steps.
One 30-minute consultation per issue, per 12-month period, plus 25% off normal hourly rates for retained services.

→ **Identity Theft Response.** Get prompt help from a Fraud Resolution Specialist.
60-minute consultation.

Family & Caregiving Support

→ **Parenting & Childcare.** Find referrals and resources for childcare and everyday parenting needs.

→ **Adult Care.** Find resources to help with adult care needs and caregiving decisions.

Getting Started Is Easy. AVAILABLE 24/7.

Scan to access all services in our digital hub.

800.344.4222
Call anytime.

app.concernhealth.com
First-time visitors, use your company code to register.

Your Company Code: IOAGING

For services for children 17 or younger, call Concern.