



Do you or any of your family members feel overwhelmed and in need of support to address the daily challenges we face whether it be family, work, stress, anxiety, parental or marital support, diet/nutrition, harassment, etc? If so, HumanaCare is here to provide the assistance and support you need.

CGSA recently announced their partnership with HumanaCare which will offer an enhanced member experience for those who upgrade to the **Premium and Ultimate benefit packages**.

What is HumanaCare?

HumanaCare is an integrated mental and physical wellness service provider of Member Assistance Programs, Disability Support Services, Medical Second Opinion Services, Eldercare and Chronic Disease Management. They provide FREE, confidential support and counselling for individuals and their families experiencing work-life challenges.

Staying true to our objective to include additional offers in the upgraded benefit packages; this exceptional service that is now available in the **Premium and Ultimate benefit packages** complements that goal.

Upgrade your membership benefits today or **recruit a new member by December 21, 2019 and CGSA will upgrade your member benefits to the Premium benefit option** which includes a subscription to the HumanaCare Service - a value worth more than \$300.

Benefits of signing up include receiving access to the monthly webinar invitations, quarterly Newsletters and important information and updates, but more importantly you receive:

- **In-person, telephonic and virtual access to a number of Counselling services**
- **HumanaCare Wellness Calendar**
October is Breast Cancer Awareness Month and Mental Illness Awareness Week (Oct. 6-12)
- **Supervisor Guide** – help guiding your employees
- **HumanaCare Mobile App and wellness platform**

For more information on this Member Assistance Program, please contact [Lori Micucci](#) or by TEL: 1-800-387-1056 ext. 27.