



CareNow

With CareNow, you're taking the first step towards a happier, healthier life.



Get the help you need, the way you want it, anytime, anywhere - on your mobile device or desktop, in and out of home, day and night. The CareNow programs give you specialized self-help resources developed by our world-leading experts.

What is Care Now?

The LifeWorks CareNow service gives you access to a range of programs designed to help with Anxiety, Depression, and Stress. New topics are continuously added, so check the platform frequently for more information on other areas you may need support in.

What support is available?

Get the support you need by selecting the program that you are most comfortable with. CareNow offers interactive content, exercises, podcasts, videos, meditation and more, so that you can explore the topic you want, the way you want it.

How it works

CareNow gives you the flexibility you need to choose your own path when it comes to care - from participating in exercises and taking assessments, to listening to podcasts and watching videos - everything is focused on helping you make positive changes.

How to access CareNow

You can get started whenever you are ready. Simply access LifeWorks on the web platform or app, then select "Wellbeing" and click on "CareNow." It couldn't be easier!

Download the "LifeWorks" app

