



Orientation for

SETA

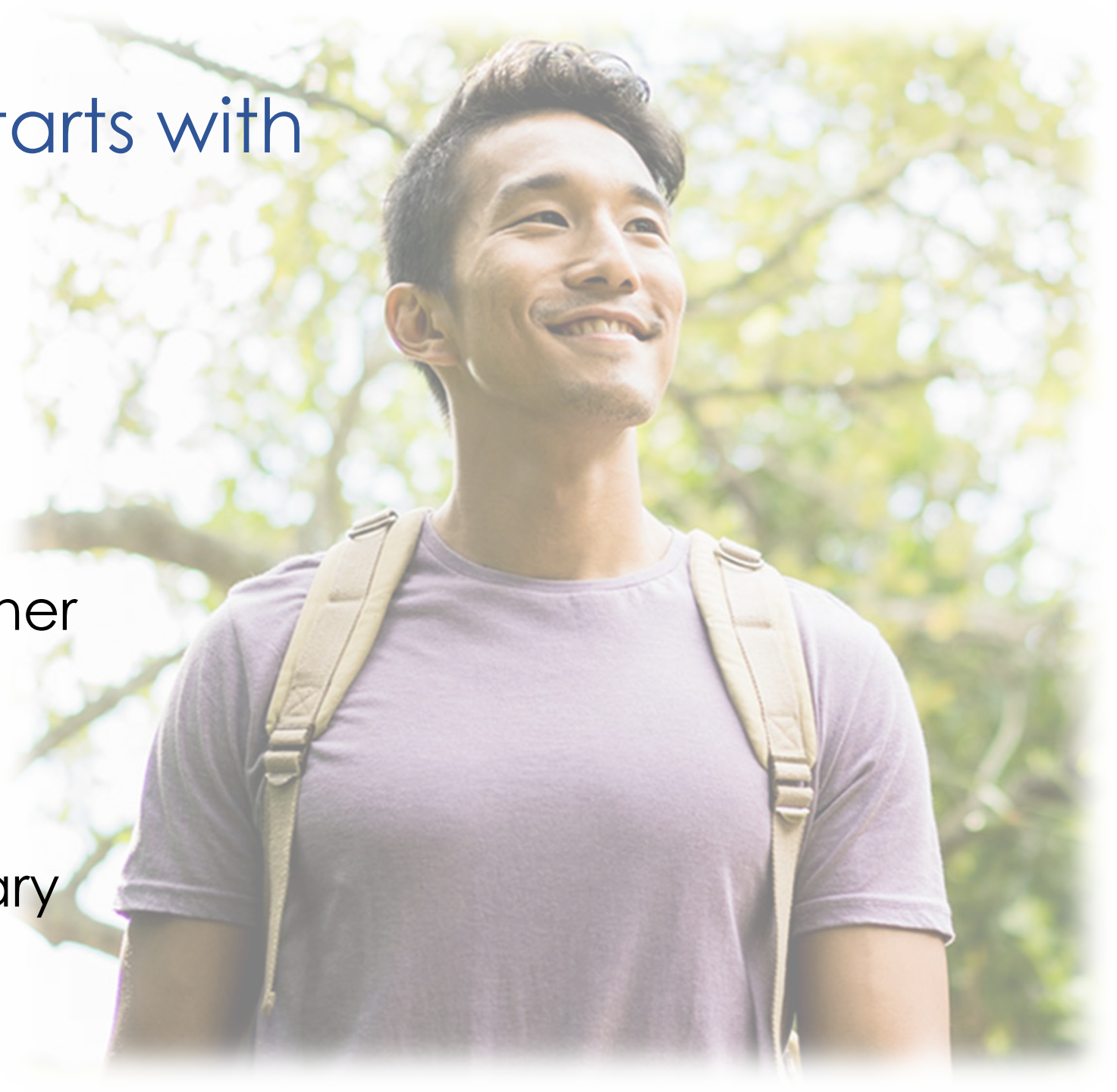
Sacramento Employment
and Training Agency



Caring for Others Starts with Caring for Yourself

Resources to help with personal and work-life balance issues

- Employees
- Spouse/domestic partner
- Dependents
- Confidential
- No enrollment necessary





2 easy ways to access help 24/7

- Call Concern clinical access center: 800-344-4222
- Digital platform employees.concernhealth.com, company code: **SETA**

Counseling

- Up to **5** free visits per person per problem type per 12 month period
 - Difficulty with relationships
 - Emotional distress
 - Job stress
 - Communication/conflict issues
 - Substance use
 - Grief
- **Concern Provider Network**
Video, phone, in-person
- **BetterHelp Counselors**
Video, phone, live chat, text

In-the-Moment Support

- In distress – just wants to talk
- Immediate
- Licensed clinicians
- Address current issue
- Help plan positive next step



Parent Coaching

- Young children to teens
- Positive, nonjudgmental
- Proactive vs. reactive parenting
- Confidential
- Proven results
- Three free sessions



Work-Life Resources

Experts resolve everyday issues quickly.
Minimize worry and distraction from job.

- Financial consultations
- Legal consultations
- Parenting & childcare referrals
- Adult Family care solutions
- ID Theft Response



Financial Consultation

- One- two 30-minute sessions per topic area per year with a certified financial specialist
- Financial coaching – teaches people to help themselves
- Budgeting, investments, taxes



Legal Consultation

- Free 30-minute consultation
- Per issue/per year
- 25% discount/standard fees
- Network throughout U.S.
- Range of legal issues

A photograph of a family of three—a young girl, a man, and a woman—laughing together in a bright, sunlit room. The girl is on the left, wearing a white shirt, and is laughing heartily. The man is in the middle, also laughing, and the woman is on the right, laughing and looking towards the man. The background is softly blurred, showing light-colored curtains.

Parenting & Childcare

- Resources and referrals
- Tutors, mentors and enrichment programs
- Programs for children with special needs
- New baby kit

Adult Care Consultations

- Housing & nutrition
- Transportation
- Alzheimer's resources
- Communication support/
family conference
- Free book with first call





ID Theft Response Services

Support. Just When You Need It.



"When I detected suspicious activity on my credit card account, I panicked, until I called Concern. They helped me to respond quickly and advised me how to stay protected going forward."

Identity Theft is a serious crime that can be tremendously disruptive—even traumatic—on several levels. It can not only drain your bank account, it can drain you emotionally.

While the act often happens in the blink of an eye, it can take months for you to emerge whole, with your identity, finances, reputation and, perhaps most importantly, your mental health intact. Concern's ID Theft Response Service provides prompt, expert assistance. Remember, the greatest danger is inaction.

Concern's ID Theft Response Service will pair you with a Fraud Resolution Specialist for a free consultation of up to 60 minutes. You'll learn how to:

- Respond Immediately.** We'll send you a free ID Theft Response Kit, as well as forms and letters that you can use to report and itemize each fraudulent occurrence.
- Get Free Professional Help.** We'll give you practical tips to help you restore your identity and credit standing.
- Stay Informed.** We'll advise you on how to obtain and review your credit report every four months.
- Make Your Case.** Learn how to dispute fraudulent debts and communicate with creditors and collection agencies.
- Control Your Future.** We'll teach you prevention techniques to help you avoid future ID theft and impact to your credit score.
- Go the Extra Mile.** Concern's Full Recovery Services are available for an additional fee to take your defensive plan to the next level.

Even if you take every precaution, identity theft can happen to you. If you think you're the victim of Identity Theft, call a Concern Fraud Resolution Expert now.

Call: 800.344.4222
employees.concernhealth.com

ID Theft Response

- Free ID Theft Response Kit
- 60-minute consultation with a Fraud Resolution Specialist
- Help disputing fraudulent debt and communicating with creditors
- Practical tips to restore identity and credit
- Advice how to review credit report and prevent future ID theft

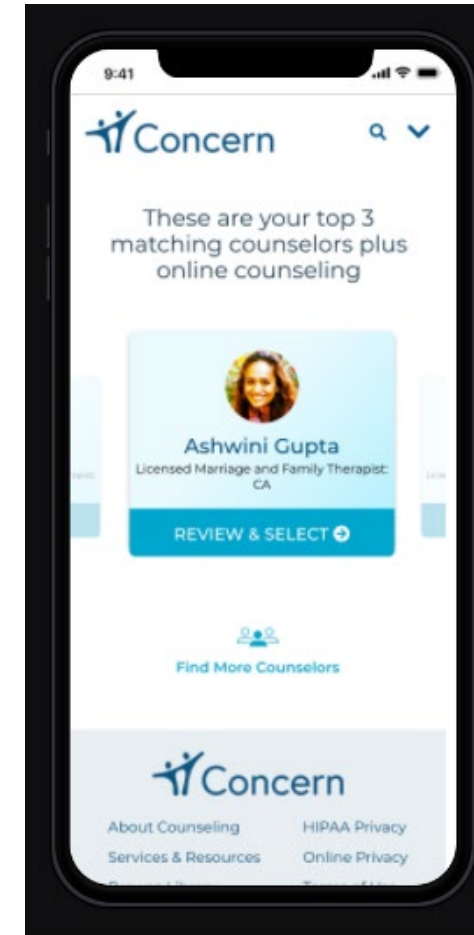
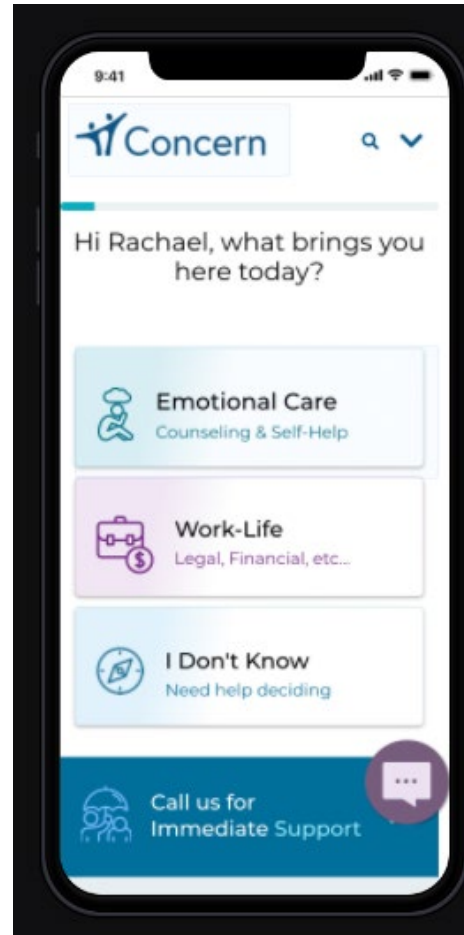
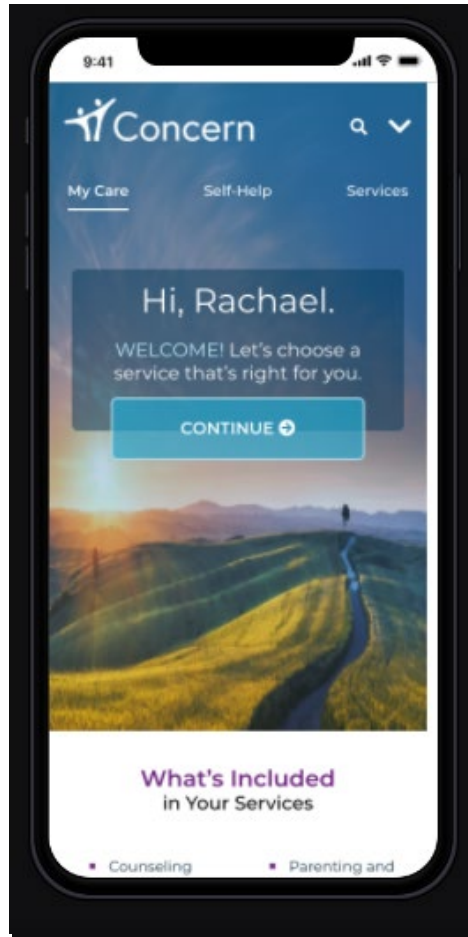


Self-Help Digital Platform

- Easy access on computer, phone or tablet
- Request services, select counselors
- Personalized digital platform

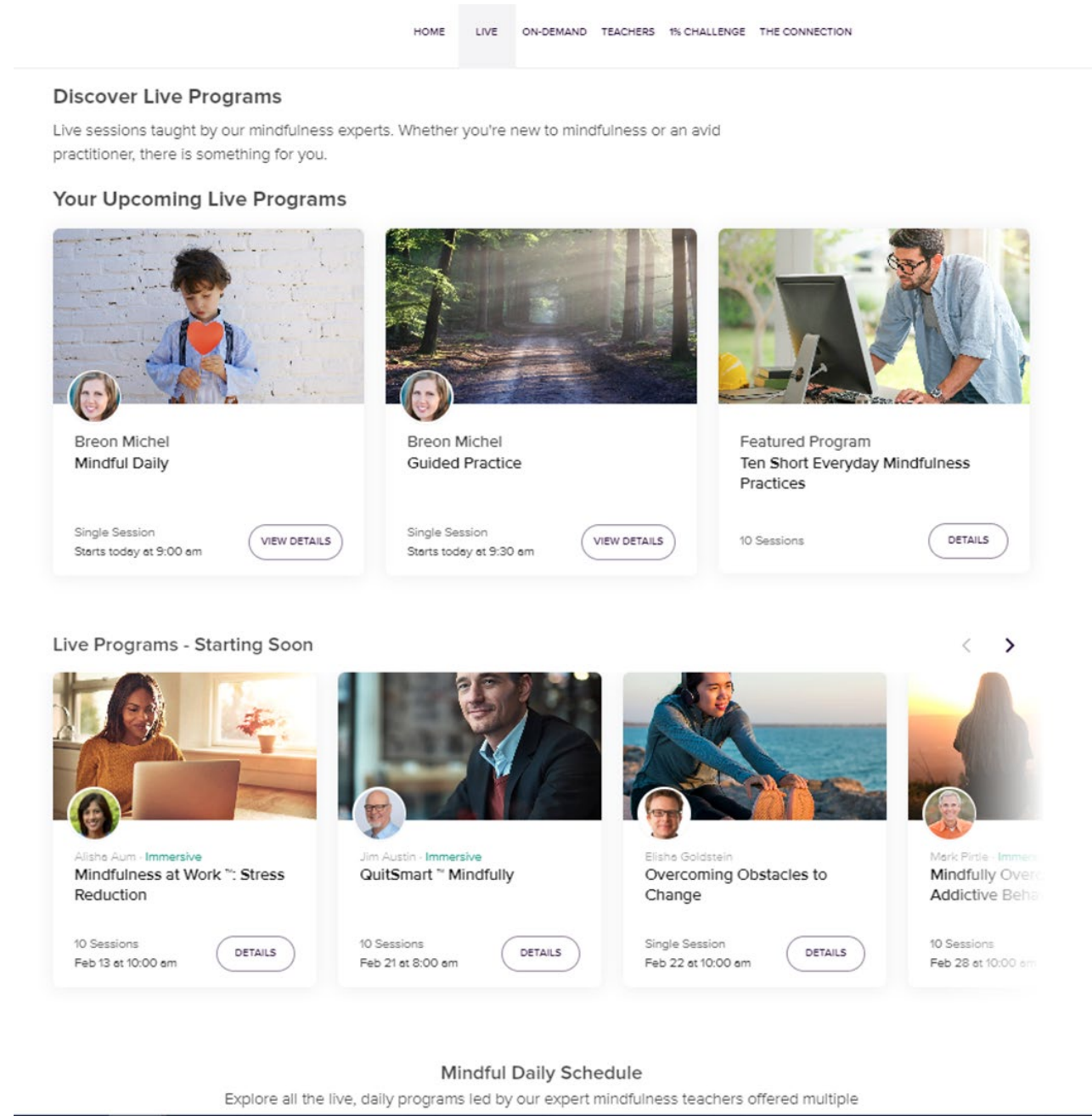


User Experience via Digital Platform



Digital Self-Help Guided Mindfulness - eM-Life

- Evidence-based
- Live & on-demand
- Designed for daily use
- Personalized experience
- Expands prevention
- Skill building modules




HOME LIVE ON-DEMAND TEACHERS 1% CHALLENGE THE CONNECTION

Discover Live Programs


Live sessions taught by our mindfulness experts. Whether you're new to mindfulness or an avid practitioner, there is something for you.

Your Upcoming Live Programs

- 


Breon Michel
Mindful Daily

Single Session
Starts today at 9:00 am

[VIEW DETAILS](#)
- 

Breon Michel
Guided Practice

Single Session
Starts today at 9:30 am


[VIEW DETAILS](#)
- 

Featured Program
Ten Short Everyday Mindfulness Practices

10 Sessions


[DETAILS](#)

Live Programs - Starting Soon

- 


Alisha Aum - Immersive
Mindfulness at Work™: Stress Reduction

10 Sessions
Feb 13 at 10:00 am

[DETAILS](#)
- 


Jim Austin - Immersive
QuitSmart™ Mindfully

10 Sessions
Feb 21 at 8:00 am

[DETAILS](#)
- 

Elisha Goldstein
Overcoming Obstacles to Change

Single Session
Feb 22 at 10:00 am

[DETAILS](#)
- 

Mark Pirtle - Immersive
Mindfully Overcoming Addictive Behaviors

10 Sessions
Feb 28 at 10:00 am

[DETAILS](#)

Mindful Daily Schedule

Explore all the live, daily programs led by our expert mindfulness teachers offered multiple

Need More Information

- Employee Benefit Summary
- [About Concern Video](#) – a short video introduction
- [Concern Employee Orientation](#)
- [Concern Orientation for Managers](#)
- Website and Concern Digital Platform™

(Log-in employees.concernhealth.com code: **SETA**)

- Call toll-free (800) 344-4222



Thank you