



Care Now

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 programmes give you specialised self-help resources developed by our world-leading experts.

What is Care Now?

The LifeWorks CareNow service gives you access to a range of programmes 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.

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.

What support is available?

Get the support you need by selecting the programmes 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 to access CareNow

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

LifeWorks provides many helpful online tools, articles and other resources to support your total well-being. If you need additional help please contact LifeWorks for free counselling.

Call us, toll-free, 24/7:

0800 048 2702

Visit us online:

unumuk.lifeworks.com

Download the app now, just search for "LifeWorks".

