

# Could you use a little more **Balance** in your life?

CeltiCare's **Balance** is a free and confidential service to help you and your family juggle the daily needs of work, life and health.

Juggling work, life and health isn't always easy.

At any time, life can happen. When it does,

CeltiCare's Balance program can help.



Our Balance Website is your one stop life, health and wellness shop. Read articles, watch videos, use the online tools and get an edge on *managing your money, finding a job, living healthier* and so much more.

Help is just a call or click away!

Balance is free, confidential and unlimited.

**Sign up Today!**

**1-866-895-1786**

Balance is a free service to all CeltiCare members. Go online to [www.celticarehealthplan.com](http://www.celticarehealthplan.com) and sign in to the member portal. Once you sign in, Balance is easy to find. Just look for the link. Bring your life into *balance*. Log on today.



[www.celticarehealthplan.com](http://www.celticarehealthplan.com)