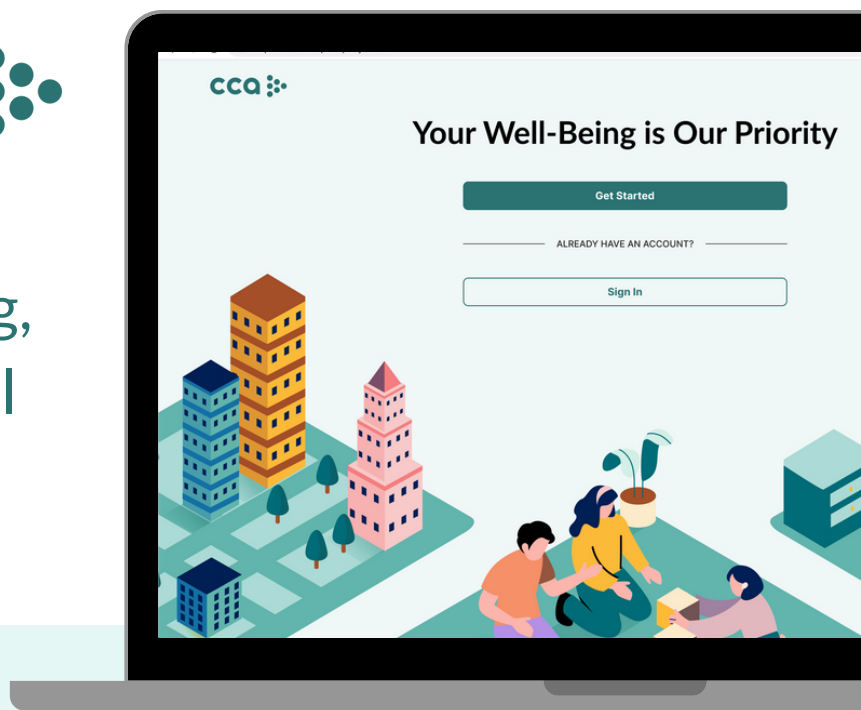


BeWell by CCA

Your new digital hub for mental health, well-being, and work-life support—all in one convenient place



What's Inside



Counselors matched to you

Self-schedule based on your preferences and availability



Self-guided tools

Explore CBT exercises, guided meditations, and journaling



Coaching that fits your life

Chat async and securely with a coaching professional



Resources for your whole life

Get help with financial stress, legal concerns, caregiving needs, and more

The CCA Difference

- **Mindful technology** - no downloads; instant access on any device
- **Clinician-led design** - all tools and resources rooted in clinical evidence
- **Care on your terms** - choose the care or resource that fits your needs



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2. Enter your first name and an email address to create an account
3. Customize your preferences and start exploring