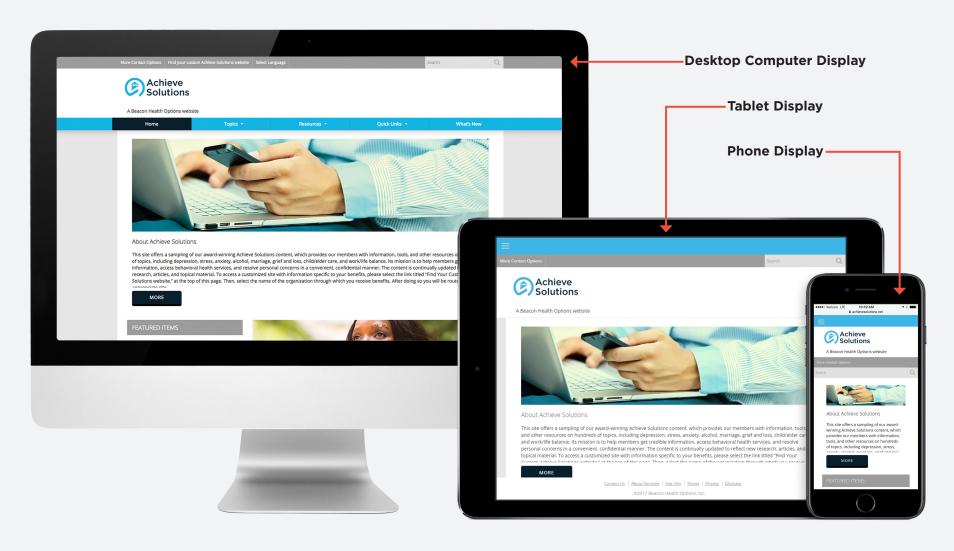
# WELCOME TO ACHIEVE SOLUTIONS!

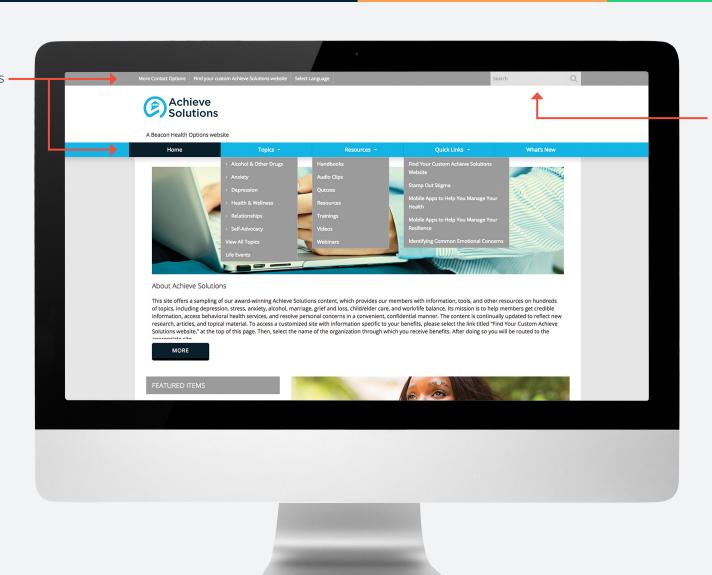
Your award-winning health and wellness portal that hosts hundreds of topics and a variety of content in the form of articles, videos, quizzes, calculators, webinars, trainings and more.





#### **HOW TO NAVIGATE**

Hover over navigation bars to access drop down menus or click to go to individual pages.



The site search tool is located here



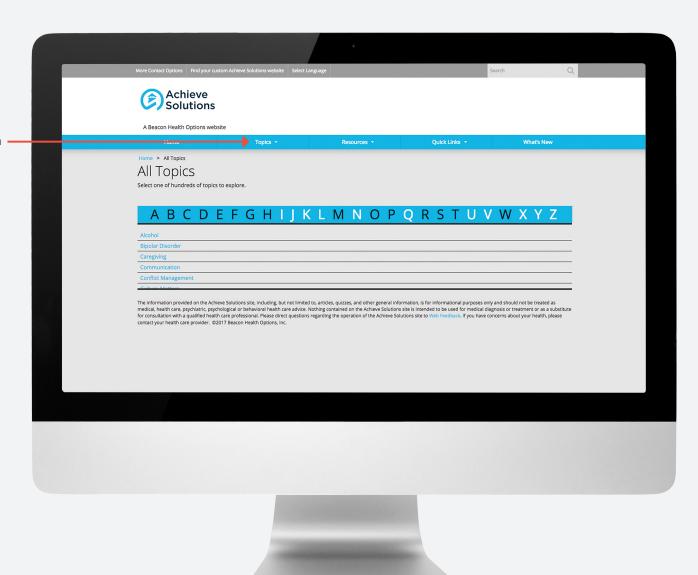
#### **HOME PAGE**

Achieve Solutions Click on the A Beacon Health Options website "Home" button -Home to get to the Home page About Achieve Solutions This site offers a sampling of our award-winning Achieve Solutions content, which provides our members with information, tools, and other resources on hundreds of topics, including depression, stress, anxiety, alcohol, marriage, grief and loss, child/elder care, and work/life balance. Its mission is to help members get credible information, access behavioral health services, and resolve personal concerns in a convenient, confidential manner. The content is continually updated to reflect new research, articles, and topical material. To access a customized site with information specific to your benefits, please select the link titled "Find Your Custom Achieve  $Solutions \ website, "at the top of this page. Then, select the name of the organization through \ which you receive benefits. After doing so you will be routed to the large through \ which you have a solution of the large through \ which you have a solution of the large through \ which you have a solution of the large through \ which you have a solution of the large through \ which you have a solution of the large through \ which you have a solution of the large through \ which you have a solution \ which you have \ whic$ MORE FEATURED ITEMS



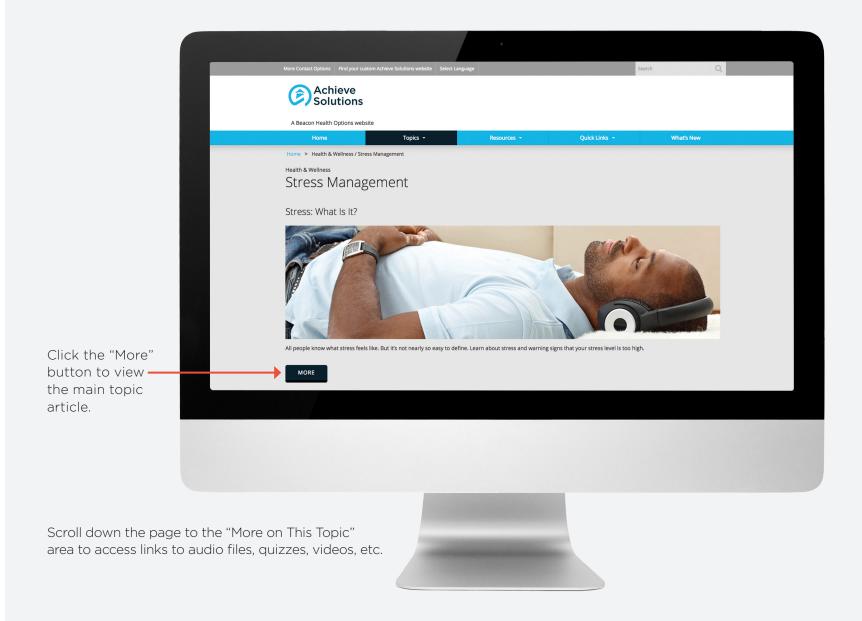
# **TOPICS PAGE**

Click on the
"Topics" button —
to get to the
Topics page



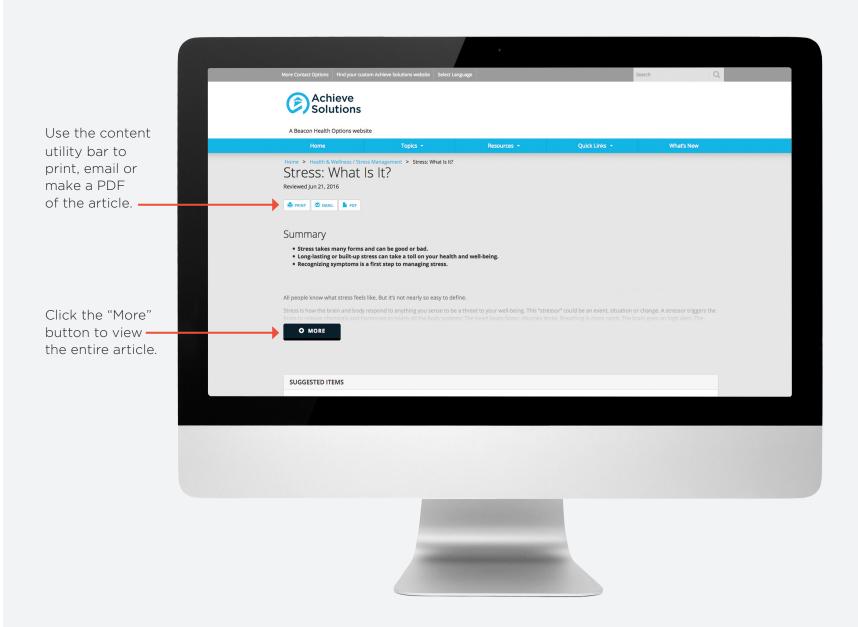


# TOPICS PAGE: Individual Topic





# TOPICS PAGE: Individual Topic





# **RESOURCES PAGE**

Achieve Solutions Click on the A Beacon Health Options website "Resources"-Resources + button to Home > Resources Resources get to the Tap below for important information, sites and tools. Resources page HANDBOOKS **AUDIO CLIPS** QUIZZES RESOURCES TRAININGS VIDEOS WEBINARS The information provided on the Achieve Solutions site, including, but not limited to, articles, quizzes, and other general information, is for informational purposes only and should not be treated as medical, health care, psychiatric, psychological or behavioral health care advice. Nothing contained on the Achieve Solutions site is intended to be used for medical diagnosis or treatment or as a substitute for consultation with a qualified health care professional. Please direct questions regarding the operation of the Achieve Solutions site to vibe Feedback. If you have concerns about your health, please contact your health care provider. ©2017 Beacon Health Options, Inc.



### **QUICK LINKS DROPDOWN MENU**

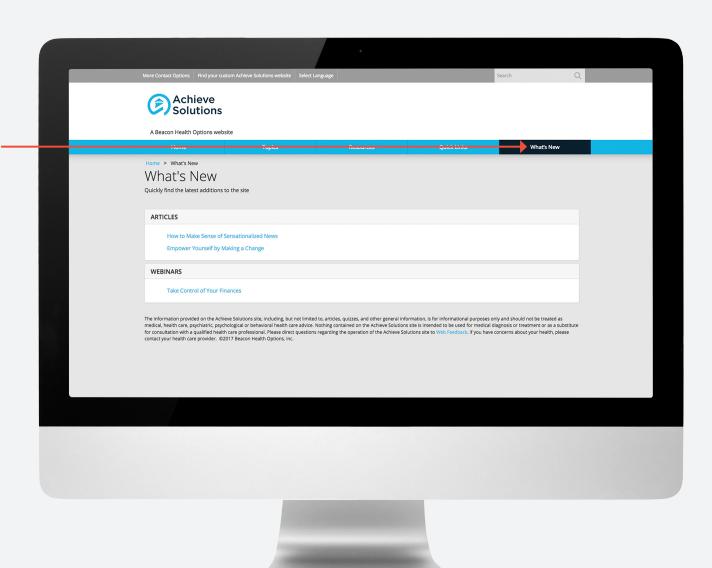
Hover over the "Quick Links" - button to get to Quick Links





### WHAT'S NEW PAGE

Click on the "What's New" - button to get to the What's New page





# FIND YOUR CUSTOM ACHIEVE SOLUTIONS WEBSITE

