CLAREMONT
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# Appointment Scheduling

## A More Personal Way to Get Support

*More support. Less searching. Faster access to care.*

When you reach out to Claremont for counseling or work-life support, you don't have to figure it out on your own. Our enhanced care experience is designed to remove barriers and help you get the right support quickly and confidently.

### Schedule an Appointment While You're on the Call

When you call Claremont, a trained **Member Care Navigator** will listen, understand what you're looking for, and help you take the next step right away.

### What this means for you:

- One call can lead to a confirmed appointment
- No calling multiple providers to check availability
- No extra steps to worry about
- Faster connection to care that fits your needs

Your Member Care Navigator handles the coordination so you can focus on getting support, not logistics.



### Prefer to Do Your Own Research? That's Okay Too.

We know everyone has different preferences. If you'd rather explore your options on your own, you can still request a **list of in-network providers** and schedule directly with the provider you choose.

Our role is to support you in the way that works best for you, whether that's hands on scheduling or taking the lead yourself.

### Support That Goes Beyond One Appointment

Your Member Care Navigator is there to help with more than just scheduling. They can also:

- Share curated resources tailored to your situation
- Help with family, caregiving, and work-life needs
- Guide you to additional benefits and support options
- Provide follow through so you're not left wondering what to do next

### How to Get Started

1. Call Claremont at 1-800-834-3773, press 1 as Member and press 1 for EAP to connect with a Member Care Navigator.
2. Talk through your needs and choose how you'd like to move forward.
3. Leave the call with next steps, whether that's an appointment on the calendar or providers to explore!

**We're Here to Help.**

Call: **800.834.3773**

Visit: **claremonteap.com**



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