

Frequently Asked Questions

What is BeWell by CCA?

BeWell by CCA is a digital platform offering access to care for a continuum of mental health needs; tools to support mindfulness, well-being, and performance; and resources for your daily life.

Do I need to download an app?

Nope! You can use the platform from any device.

How do I access the BeWell platform?

Use your company's unique link to access the site. First-time visitors will be prompted to create an account by entering their first name, a valid email, and college.

Can family members use the platform?

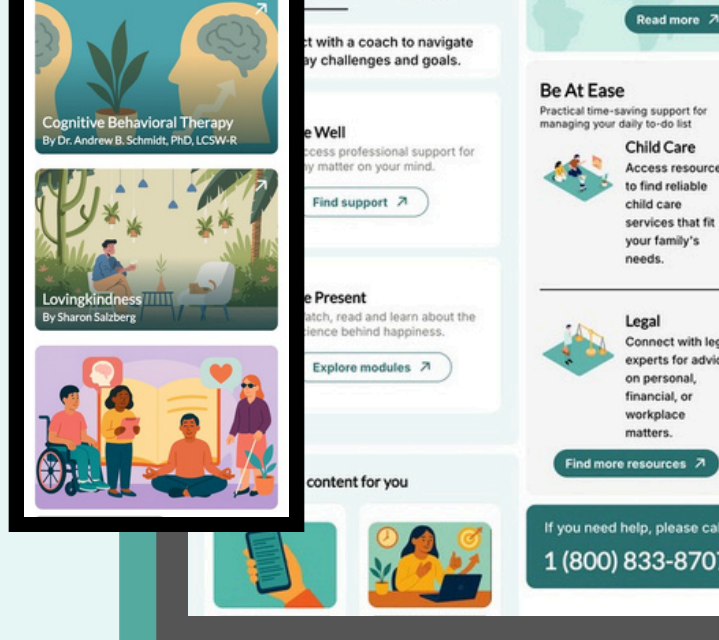
BeWell is available to employees and their family (no pre-screening or eligibility requirements). Members must be 18+ to initiate counseling, coaching, and work-life requests.

Is this platform confidential?

Your personal information and use of the platform are completely confidential and will not be shared, except when disclosures are required by law to keep yourself or others safe from harm. Our Privacy Policy can be viewed in full on the site.

Will I still have access to myccaonline.com?

You will have access until the end of 2025.



New features:

- Self-scheduling with EAP counselors
- Chat-based coaching with behavioral health coaches
- Digital intake to bypass an initial phone call
- Psychoeducation and tools through CBT modules
- Meditation modules by Sharon Salzberg, exclusively for CCA
- Work-Life requests to help you tackle your to-do list
- Legal and Financial Centers
- Deals and discounts through Perks at Work