

Free Online Tools for Your Recovery and Wellness!

Community Care members can use our free online tools to track their weight, sleep, or get help quitting smoking. Now, members can access the extensive online resources of RECOVERYlibrary!



RECOVERYlibrary is for people in recovery, created by people in recovery. It has videos, worksheets, and stories about wellness strategies and ways to be more involved in your recovery.

Signing Up is Easy!

All you will need is the 10-digit recipient code located on your ACCESS card. On the Internet, go to:

<http://www.ccbh.com/secure/start>

Follow the easy steps to create an account! You can then access RECOVERYlibrary and our online weight, sleep, and quitting smoking tools. Once you create your account, access the RECOVERYlibrary by visiting <https://secure.ccbh.com>

Need help? Email us at ccbh_webappsupp@ccbh.com

