

Be Well



Convenient, affordable and private online counseling for employees

Talk with a licensed, professional therapist online. Any time, anywhere.

The Be Well program has partnered with BetterHelp to support you and your well-being by providing easy and convenient access to professional therapy services online. Five BetterHelp sessions are available to employees and their household members free of charge.



Phone

Live and scheduled phone sessions



Video

Live and scheduled video sessions



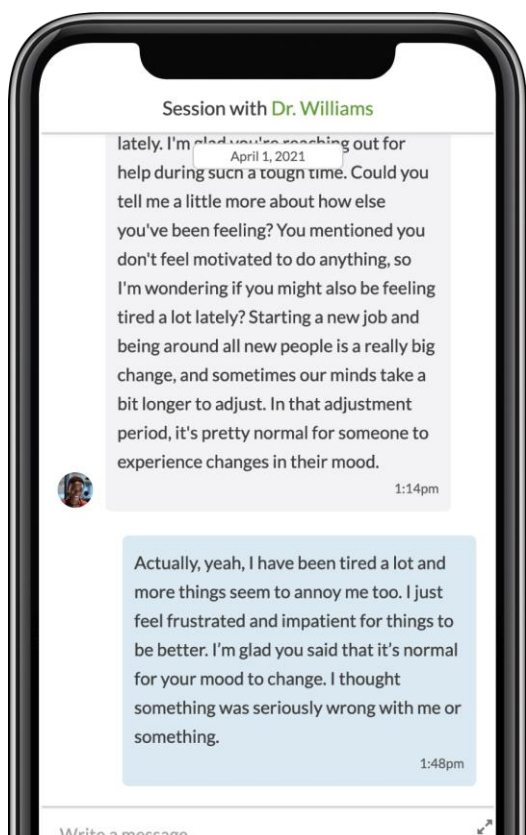
Asynchronous messaging

Continuously send and receive text, audio and video messages



Live chat

Live and scheduled text messaging



It's professional.

Just like seeing a therapist in a clinical setting, BetterHelp allows you to connect with your therapist in a safe and private online environment. All therapists are licensed and accredited professionals. Anything and everything that you share is confidential.

It's accessible.

Access your private chat room on any device with an internet connection, at any time. Easily schedule your live sessions on a day and time that works around your busy schedule. Simple!

It's convenient.

Therapy at your own time at your own pace, on your lunch break or over the weekend. Communicate with your therapist as often as you want and whenever you feel it's needed via text, chat, phone and video.

Why BetterHelp?



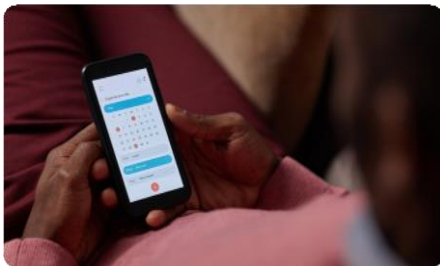
User experience

The BetterHelp solution is a seamless experience for the user. It allows you the flexibility to use your computer or mobile device for a variety of topics such as managing stress, relationship counseling, anxiety and more.



More user control matching with a therapist

BetterHelp's matching algorithm allows you to match to a therapist based on attributes important to you such as age, ethnicity, sexual orientation or area of specialty.



Scheduling

Once matched with a therapist, you have the ability to schedule your first session immediately.



More modality choices

You have the option of having your sessions in real time by phone, video or chat. Or asynchronously via text.

Talk to a therapist today!

1. Call the Be Well program at 800-952-1245 to get started.
2. Complete a brief questionnaire and find the right therapist for you based on your preferences and needs.
3. Communicate with your therapist via text, chat, phone, or video.
4. A 30% discount will automatically be applied to your BetterHelp account should you decide to utilize the service beyond your five free sessions (or five weeks if you prefer asynchronous messaging).