

# When you're not sure where to start, we're here for you

A side-by-side comparison of two important benefits you have access to

## Emotional Wellbeing Solutions

- Benefit provided by your employer, with no need to enroll
- A place to start for in-the-moment support to get you through a challenging life event or everyday concern
- Provides referrals for personal, family or behavioral health concerns that may require clinical care
- Available for all household family members
- No-cost coaching, counseling and therapy visits are available, and the allowed number of visits refreshes for each new issue
- Does not include medication prescription coverage or management

### Emotional Wellbeing Solutions provides assistance for life's challenges:

- Managing stress
- Finding mental health and substance use support
- Navigating family conflicts and relationships
- Finding care and help for children or elders
- Connecting with a financial coach
- Accessing legal services and more

## Behavioral Health plan

- Benefit provided if you enroll in your employer's health insurance plan (part of the same plan that pays for your medical care)
- Accessed when there is a specific need for care (such as anxiety, depression, substance use, autism and more)
- Provides coverage for clinical treatment (such as talk therapy, in-patient treatment and more) for behavioral health concerns
- Available for covered employees as well as covered dependents
- Coverage for care (such as therapy or in-patient) is tied to health insurance plan benefits
- Can include medication prescribing and/or management

### Your Behavioral Health plan is a health-related benefit that can help you:

- Connect to an extensive network of providers, whether you need short-term emotional support or ongoing treatment
- Access covered care for specific diagnoses such as depression, anxiety or substance use