

Professional therapy, **done online**, for you & your dependents

BetterHelp makes starting therapy easy and convenient

We have partnered with BetterHelp to support your mental wellbeing by providing you with easy and convenient access to professional therapy online. As a valued member, this benefit is available to **you and your dependents** **free of charge**.



Get Started:

- ① Click the 'Get Started' link in your BetterHelp invite email. [Clear instructions on how to invite dependents with 'Access Codes' can also be found in that email]
- ② Complete a brief questionnaire to find a therapist that suits your needs and preferences.
- ③ Communicate weekly with your therapist **via phone, video or live chat**. You can even text your therapist whenever you want.



About BetterHelp:

[FAQ - BetterHelp](#)

Who are the therapists?

BetterHelp therapists are independently licensed clinicians licensed by their state's professional board after successfully completing the necessary education, exams, and training. The 30,000+ therapists on BetterHelp represent a wide variety of expertise, backgrounds, and therapy modalities.

How do I book my sessions?

You can use our scheduling tool to book a live session with your therapist - simply choose the date, time and modality (phone, video or live-chat) for your session. You can even text your therapist whenever you want with our messaging tool.