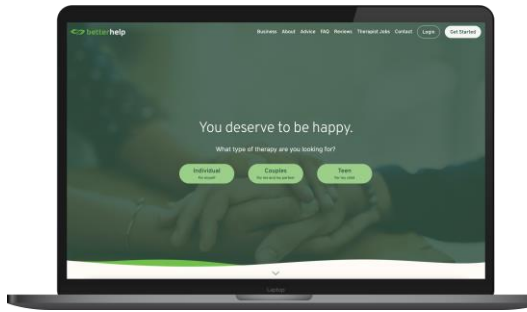


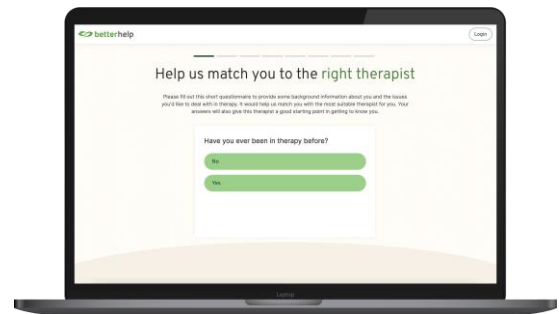
MYgroup SAP & BetterHelp



BetterHelp is now included in your existing SAP benefit at no additional cost. Your SAP still offers virtual and in-person counseling and will now provide another method of accessing virtual counseling through chat, phone, and video via BetterHelp's comprehensive online platform.

Your SAP includes the following features of BetterHelp:

- Smart matching with a licensed therapist per your preferences and needs.
- Within the SAP session model, live weekly sessions over chat, phone, or video with your therapist.
- 30+ interactive support group sessions facilitated by a therapist.
- Digital tools like a journal, goal tracking, and interactive worksheets.



Accessing BetterHelp is easy:

- Call MYgroup SAP at 800.633.3353.
- Speak with a licensed clinician to determine the best resource for you.
- If virtual counseling is preferred, BetterHelp is an option for adults, couples, and teens (must be at least 13 years old with parental consent).
- Complete a BetterHelp referral form to ensure smart matching with a licensed therapist.
- Easily self-schedule live sessions through the platform.

