



Who is Bea?

As soon as you complete your Balance assessment, our mental health chatbot, Bea, is available to provide emotional support and check-ins to boost your mental health and well-being. Bea is available 24/7 to connect at your convenience, whenever and wherever you need.

Bringing you support when and where you need it

- Bea is trained in Cognitive Behavioral Therapy principles
- Chat with Bea about sensitive topics and receive unbiased emotional support in the moment when you need it most
- Build resilience and self-awareness by practicing coping skills at your convenience

Emotional support that is tailored to your needs

- Bea follows up with reminders and check-ins to reinforce use of skills learned in previous conversations
- The more you chat with Bea, the more she will get to know your needs and preferences in order to deliver personalized support
- Bea provides resources relevant to your needs

Confidential and secure

- Bea is intuitive, secure and confidential
- Bea meets GDPR and HIPAA requirements to protect your privacy



How do I chat with Bea?



Convenient
on-demand support

Bea is available to connect via text messaging whenever and wherever you need. On the Care Pathways platform, navigate to your 'Referrals' to complete your Bea registration. In case of crisis, you can connect with a live Care Concierge, simply by asking Bea. Available 24/7, Bea is able to support you in the moment you need it most.



Feel better faster
with regular check-ins

Bea listens carefully and sends reminders to reinforce skills learned in previous discussions. These check-ins can be completed on your own time to foster resilience and boost your mental health.

Bea is available at your convenience to deliver secure emotional support.