

Meet Bea, Your Mental Health Digital Assistant



Who is Bea?

As soon as you complete your Balance™ survey, 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 via text message at your convenience, whenever and wherever you need.

Mental Health Support When and Where You Need It

Trained in Cognitive Behavioral Therapy (CBT) principles, Bea is available to offer you in-the-moment, confidential and unbiased emotional support.

Bea will help you build resilience and self-awareness by practicing coping skills whenever is convenient for you.

When chatting with Bea, all of your conversations are confidential. Bea meets HIPAA requirements to protect your privacy.

Bea Provides Tailored Emotional Support



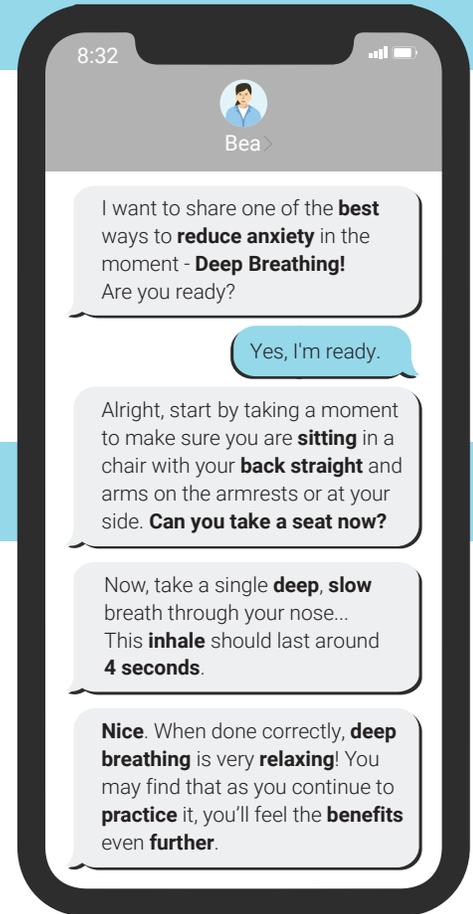
Unique resources based on your individual Balance survey results



Uses reminders and check-ins to reinforce skills learned in previous conversations



The more you chat with Bea, the more she will get to know your needs and preferences



How to start chatting with Bea



Convenient **on-demand support 24/7**

You will receive a message from Bea as soon as you complete your Balance survey, or you can choose to connect later through your Balance dashboard. In case of crisis, simply ask Bea to connect you to a live Care Concierge.



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.