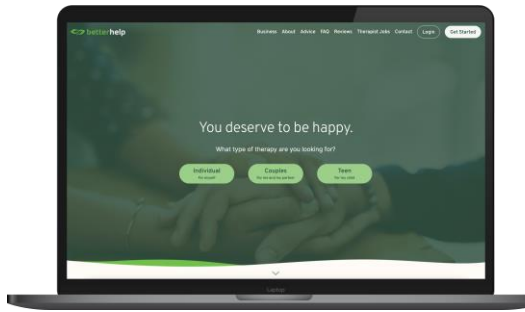


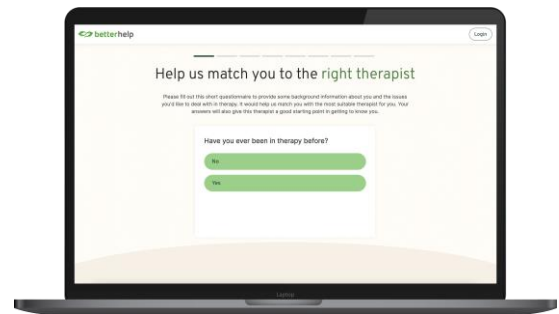
NC EAP & BetterHelp



BetterHelp is now included in your existing NC EAP benefit at no additional cost. Your NC EAP 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 NC EAP includes the following features of BetterHelp:

- Smart matching with a licensed therapist per your preferences and needs.
- Within the NC EAP 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 NC EAP at 888.298.3907.
- 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.

