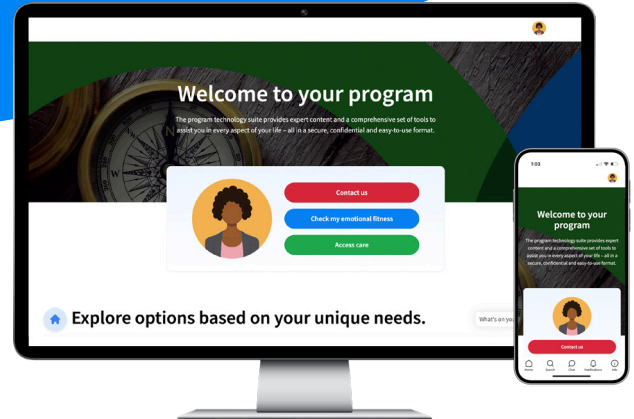


Emotional wellbeing and work-life balance resources to keep you at your best

SupportLinc offers expert guidance to help you and your family address and resolve everyday issues

Services are available to regular and limited term employees and their benefit eligible dependents.



In-the-moment support

Reach a licensed clinician by phone 24/7/365 when you call for assistance.



Short-term counseling

Access no-cost in-person or virtual (video) counseling sessions to resolve emotional concerns such as stress, anxiety, depression, burnout or substance use.



Coaching

Get assistance from a Coach to boost your emotional fitness, learn healthy habits, establish new routines, build your resilience and more.



Work-life benefits

Receive expert referrals for financial and legal issues. Work-life specialists also provide convenience resources for everyday needs such as child or elder care, pet care, home improvement or auto repair.



Confidentiality

Strict confidentiality standards ensure no one will know you have accessed the program without your written permission except as required by law.

Your web portal and mobile app

- Create a personal profile to quickly access support from a licensed clinician
- Complete the short Mental Health Navigator assessment and instantly receive personalized guidance to access care and support
- Receive recommendations and care options based on your unique needs
- Exchange text messages with a Coach
- Attend anonymous group support sessions on a variety of topics
- Strengthen your mental health and wellbeing at your own pace with self-guided digital therapy
- Discover flash courses, self-assessments, financial calculators, career resources, articles, tip sheets and videos



Explore Mindstream™

A fitness studio for your mind with live and on-demand sessions to help you strengthen your life skills and emotional health. Engage with sessions anytime and anywhere. Return daily to track progress and discover new releases.



Download the mobile app today!

800-553-7798

supportlinc.com

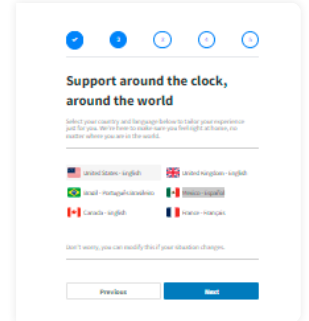
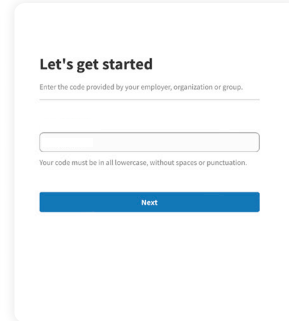
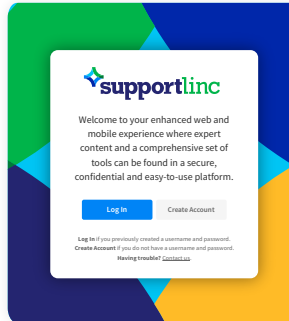
SupportLinc Web Portal and Mobile App

Easy access to care and support

Quickly access support and easily move between care modalities through our streamlined navigation design. Follow the steps below to receive program recommendations based on your personal needs and interests.

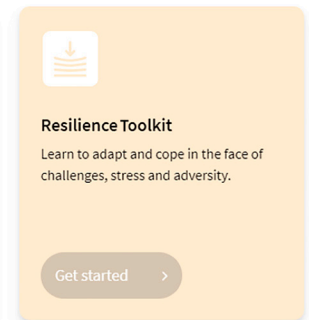
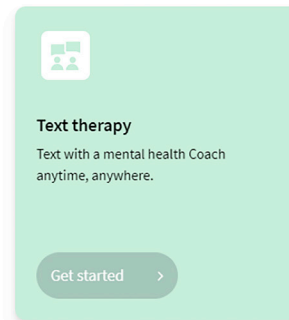
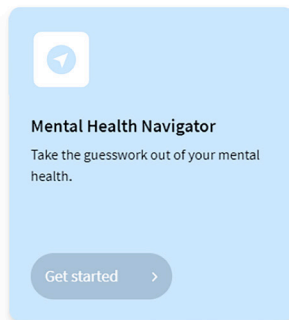
Step 1. Visit your web portal or mobile app.

Visit supportlinc.com or use the mobile app. Click on Create Account, enter your group code, select your country (if applicable) and create a personal profile.



Step 2. Explore options based on your unique needs.

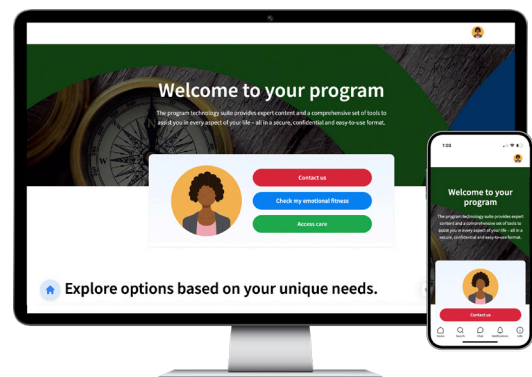
Instantly find program resources and care options based on your personal interests and location.



Step 3. You're all set!

Discover all that your program has to offer. Whether you would like to assess your emotional fitness, try text therapy or use self-guided resources at your own pace, support is only a few clicks away.

Have questions? Please see page two for answers to frequently asked questions.



Download the mobile app by scanning this QR code.



SupportLinc Web Portal and Mobile App

Frequently asked questions

- 1. What are the benefits of the web and mobile platform?** Our goal is to provide you with a personalized experience. When you log in, you will see program resource recommendations based on your unique needs and interests. Our streamlined navigation lets you see all your support and care options in one place and quickly move between modalities.
- 2. Where can I find my group code?** Your group code = cityofbellevue. You'll only need to enter your group code the first time you create an account.
- 3. Will I still need my group code to enter the web portal?** When you first set up an account, you will need to enter your group code. After the initial entry, you will not need to input it again.
- 4. I don't want to set-up a username or password. Does that mean you can't help me?** There are many ways to get the care you need from our program. It sounds like the next best step for you is to call your main program phone number. Our Care Advocates are available 24/7/365 to provide the support, guidance and resources that best meet your needs.
- 5. What if I forgot my password?** No problem. Simply click on "lost your password," enter your email address and click on "get new password." You will receive a link to reset your password.
- 6. I am having issues setting up/accessing my account. Where can I turn for help?** Our team is here to help. Simply send an email to helpdesk@curalinc.com and a member of our team will help guide and support you.
- 7. Is my information confidential?** CuraLinc Healthcare, who administers your program, maintains appropriate administrative, technical and physical safeguards designed to protect your personal information in accordance with the applicable law. CuraLinc uses industry standard encryption on the portal. We do not sell your email address or other information identifying you to third parties.



Download the mobile app
by scanning this QR code.



Support for everyday issues. Every day.