Support that’s here for you

Whether you’re looking for guidance, tools or someone to talk to, support is available to meet you where you are and help you move forward with confidence.

Help is always within reach

mysupportlinc.com | Group code: rrd

1-888-881-LINC (5462)

supportlinc

supportlinc

rrd

Mental health, life and work support

Confidential guidance
available anytime, at no cost to you



curalinc HEALTHCARE



Agenda

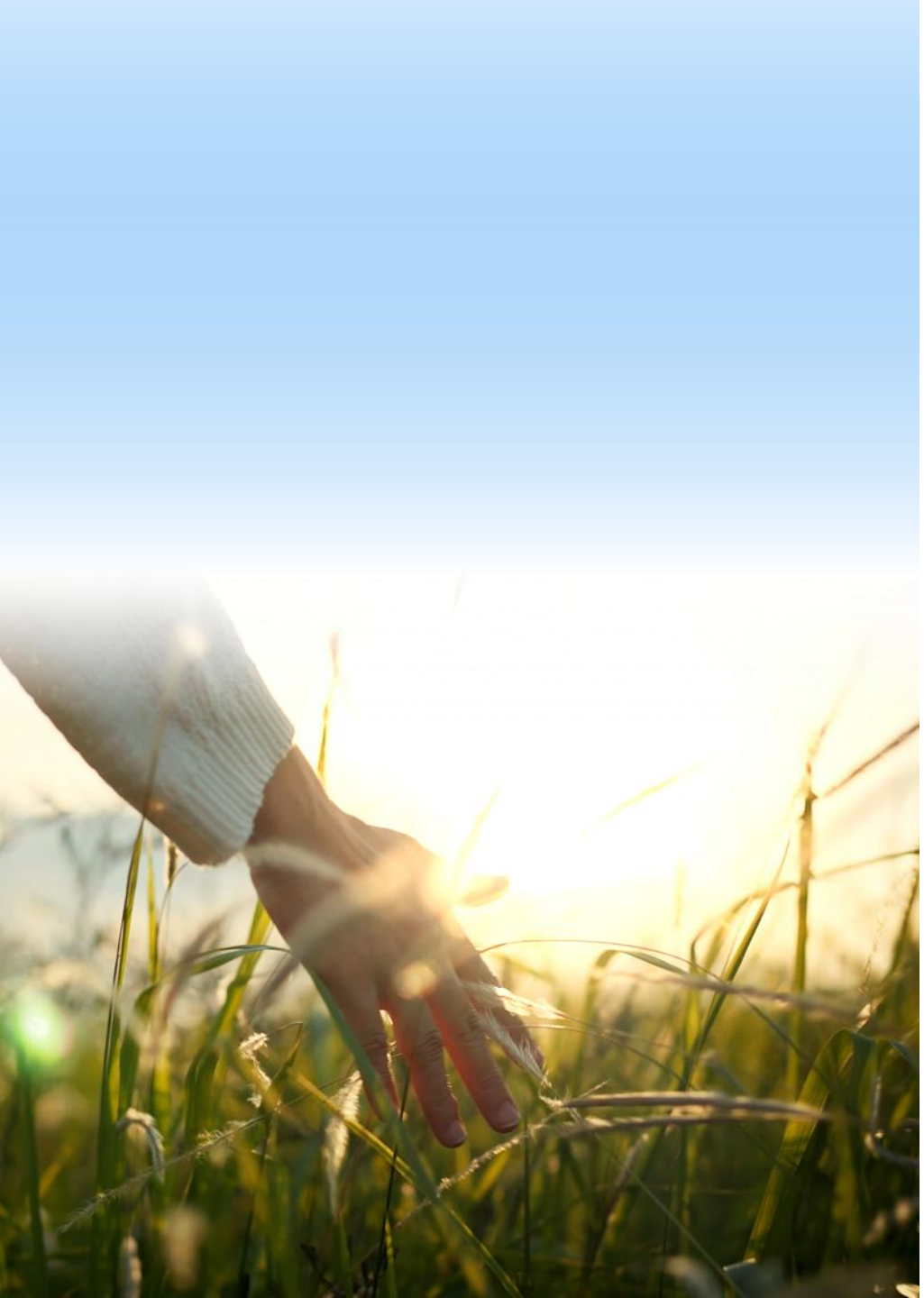
1. Program highlights
2. Guidance by phone
3. App and website
4. Questions

Support that meets you where you are

Whether you're feeling overwhelmed or need help with everyday challenges, **SupportLinc is just a call, tap or click away**.

This program is provided by your employer and available to you and your household members, **at no cost to you.**





Private, confidential and always available

- What you share stays within the program
- Your information is protected by strict privacy and confidentiality standards
- Support is available 24/7/365, so help is always within reach

Access the program your way

Connect with licensed professionals by phone

- **Compassionate support** for emotional and mental health concerns
- **Help with everyday life challenges,** so you can find balance
- **Practical coping tools** and resources



Explore guided support on our digital platform

- **Guided tools** help you find care that best fits your needs
- **Personalized resources** support what matters most to you
- **Online scheduling** makes it easy to connect with the right provider



Guidance by phone

In-the-moment support whenever you need it

Guidance by phone

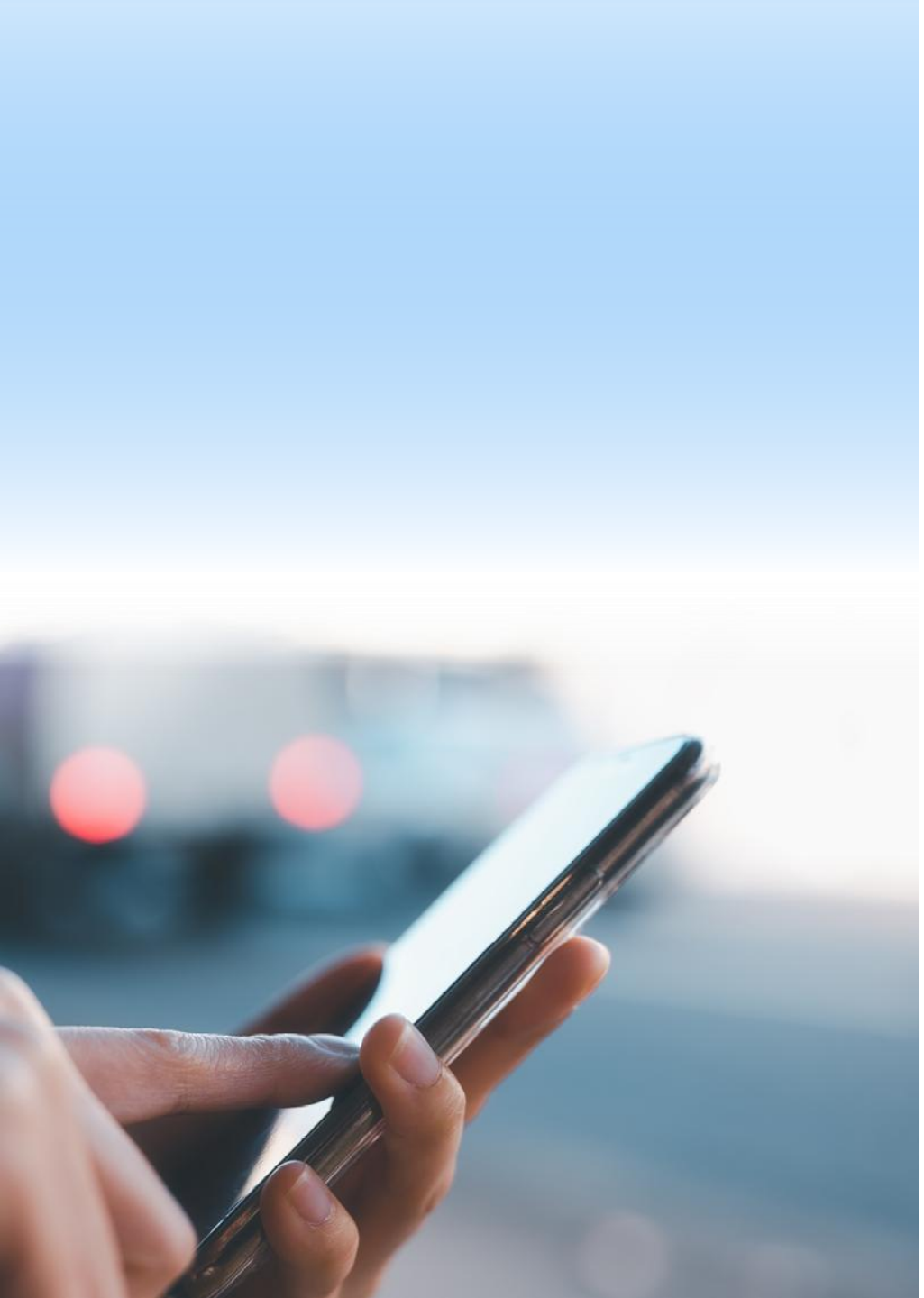
Care Advocates help you manage mental health concerns and access care the best fits your needs.

- **Confidential support** for stress, anxiety, relationships, substance use and other challenges
- **Short-term counseling** and coaching
- **Personalized care plans** with referrals for longer-term support when needed



Work-Life Consultants help you find resources to manage life's demands and achieve a better balance.

- **Practical resources** to support work-life balance and daily responsibilities
- **Referrals for childcare,** elder care and everyday needs
- **Legal, financial and identity theft guidance** from experienced professionals



What you can expect when you call

1. **A real person right away**
   Connect with a trained Care Advocate who is ready to listen.
2. **Space to talk things through**
   Share what's going on and get help clarifying what kind of support may help most.
3. **Clear options, explained simply**
   Learn about care options and choose next steps that feel right for you.
4. **Help getting connected**
   Get support setting up care or resources and know what to expect next.
5. **Continued guidance over time**
   Receive follow-up and check-ins to support progress and adjust next steps as needs change.



Counseling

Gain clarity, build coping skills and feel supported.

- 5-sessions per issue, available to you through the program
- Short-term, solution-focused support
- Care for concerns like substance use, anxiety, family issues, life transitions and more
- Supportive starting point for your mental health journey

Schedule care

Get Care → Schedule appointment → **Follow the prompts to choose the best option**

Coaching

Strengthen skills, create healthy routines and stay on track.

- 5 sessions per issue, available to you through the program
- Personalized guidance to manage stress, improve focus and develop sustainable habits
- Topics include mindfulness, meditation, resilience, sleep and more
- Proactive way to strengthen emotional fitness and everyday balance



Schedule care

Get Care → Schedule appointment → **Follow the prompts to choose the best option for you**



App and website

Access your program anytime, anywhere

Discover everything SupportLinc has to offer

Download our app: **myCuraLinc**
Bookmark our website: **mysupportlinc.com** | Group code: **rrd**

1-888-881-LINC (5462)

Explore the program, resources and care options in one place

supportlinc

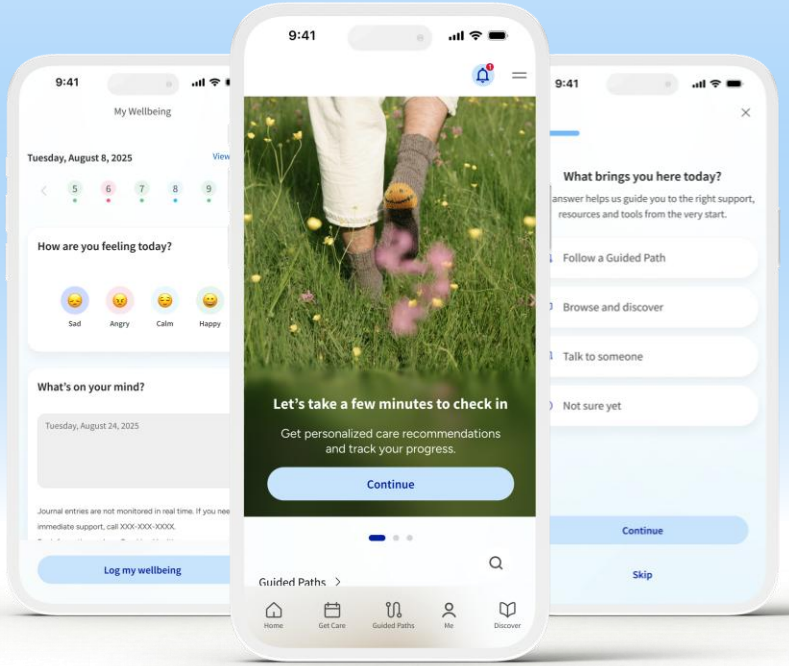
Explore your digital wellbeing tools

Mental health check-in
A short questionnaire that helps you understand your needs and find the right support.

Mood tracker
Daily tool to help you notice how you're feeling and track patterns over time.

Guided paths
Self-guided experiences that strengthen emotional resilience and help you work toward personal goals.

Work-life resources
Resources to support everyday life needs, including childcare, eldercare and community support.



dCBT & Mindstream™
Tools and sessions designed to support stress management, skill-building and wellbeing.

Appointment scheduler
Easily schedule appointments with counselors, coaches or work-life consultants.

Journal
Private space to write, reflect, and gain clarity when thoughts feel overwhelming.

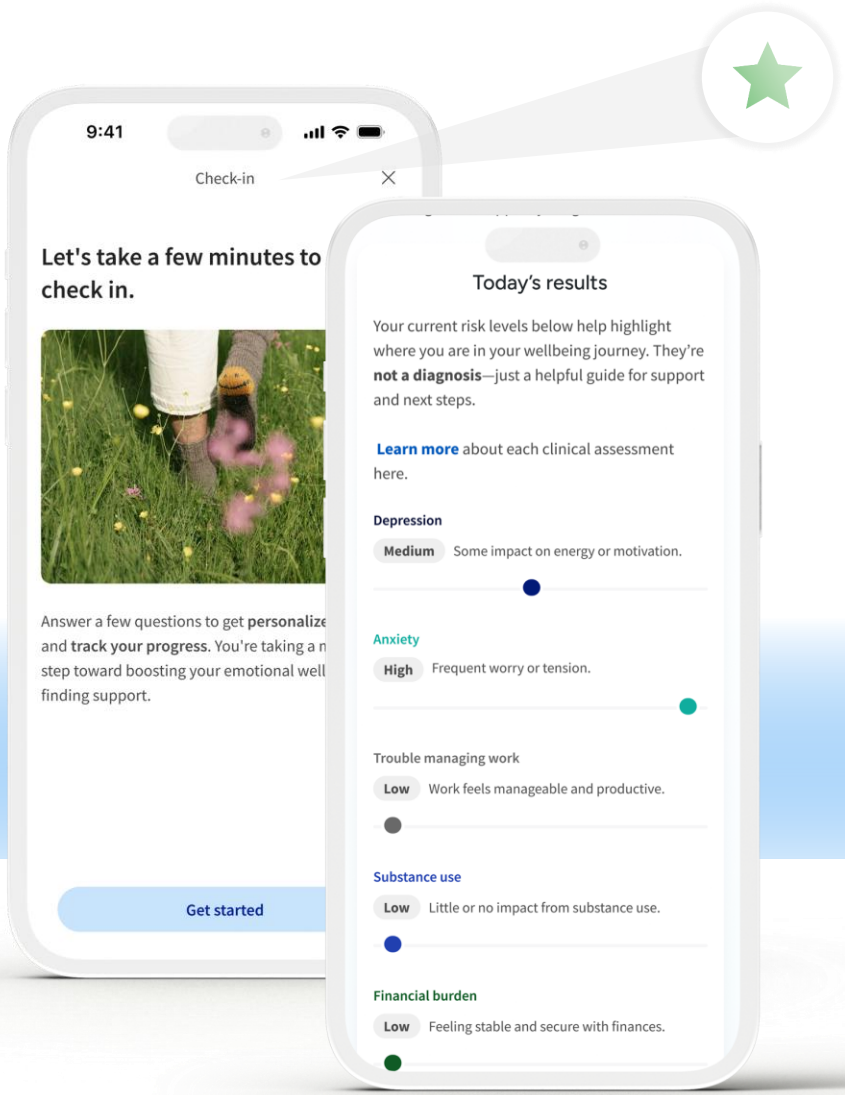
Content library
Helpful articles, videos, exercises and guided meditations you can explore anytime.

Toolkits
Guidance to help you manage stress, find balance and navigate everyday life and work challenges.

Mental health check-in

A quick questionnaire to understand how you're feeling and find the right support.

- Pause and reflect on how you're really doing
- Receive personalized care recommendations based on your needs
- Identify areas where extra support could help
- Track changes over time as your needs evolve



Complete your mental health check-in

Home screen → **Mental health check-in**

Virtual support options



Counseling



Coaching



Group support



Text therapy



Virtual group support

Live group sessions you can join from your phone or computer guided by licensed counselors and subject matter experts.

- Safe, confidential space to connect with others
- Participate anonymously at your comfort level
- Real-life topics that support emotional wellbeing
- Helpful tips, exercises and resources shared during each session

Access virtual group support

Get Care → Schedule appointment → Virtual group support → **Get started**

Text therapy

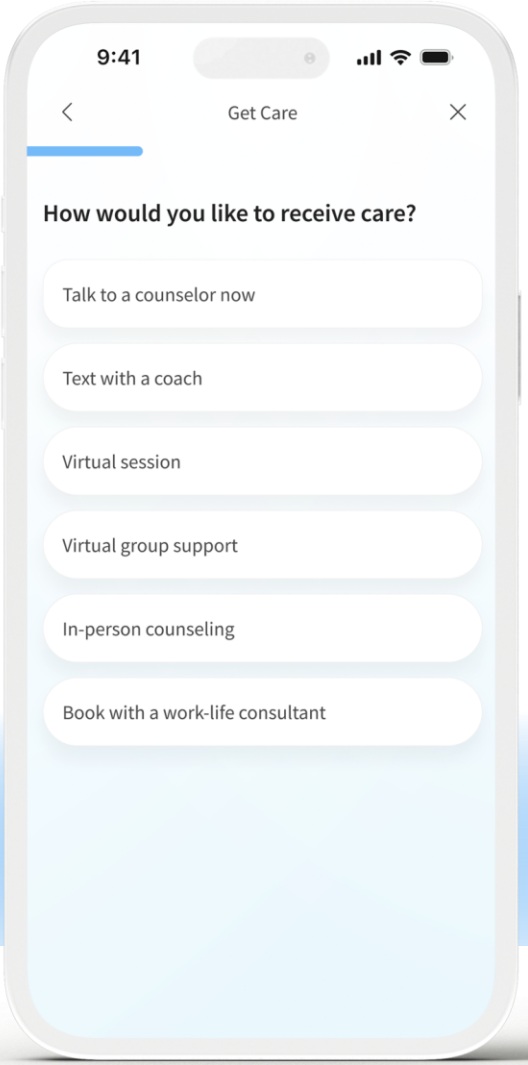
Connect with a licensed counselor through secure messaging on your schedule.

- Confidential support, wherever you are
- Text anytime on mobile or desktop
- Share messages, voice notes or resources
- Easy connection to additional care if needed



Start text-based coaching

Get Care → Schedule appointment → Text with a coach → **Get started**



Schedule support

With real-time scheduling, you can book video counseling or coaching in as little as 24 hours.

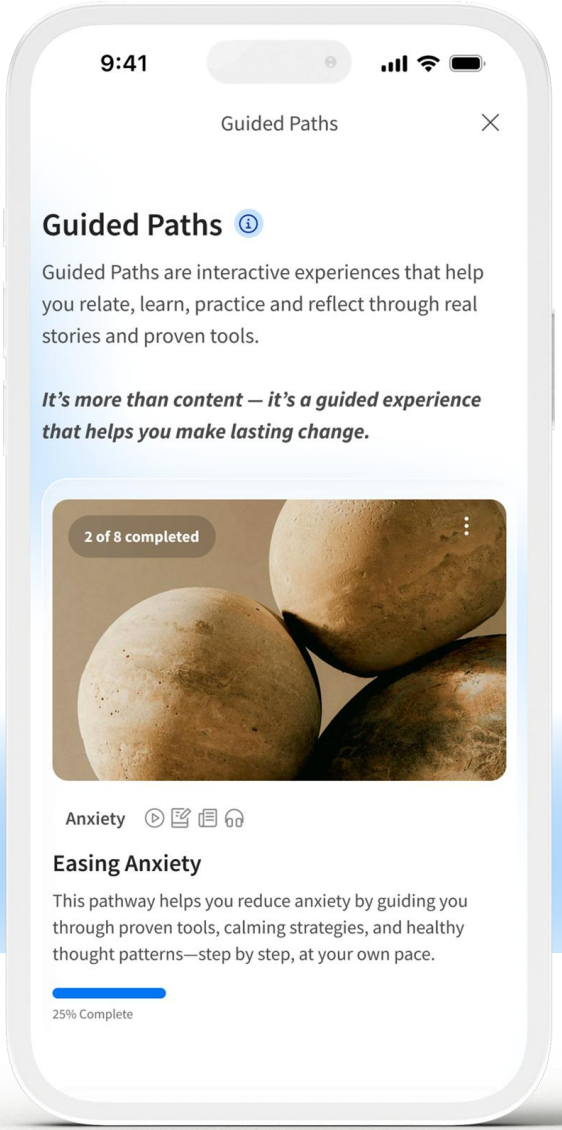
Choose a counselor or coach who matches your preferences

Schedule appointments around your life

Access timely, high-quality support for your emotional wellbeing

Schedule care

Get Care → Schedule appointment → **Follow the prompts to choose the best option**



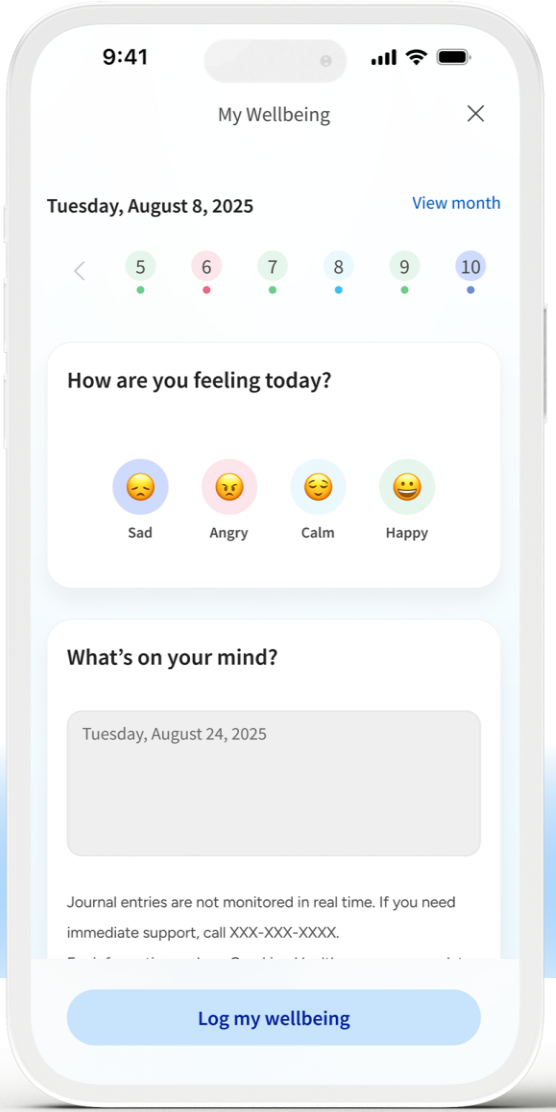
Guided paths

Goal-focused, guided experiences using videos, audio, and exercises to support lasting change.

- **Work toward personal goals** through step-by-step guidance
- **Build emotional resilience** using proven techniques you can apply in everyday life
- **Develop skills through consistent practice** that reinforces learning over time
- **Learn and grow at a pace that feels right for you**

Explore guided paths

Home screen → **Guided Paths** → Choose your path



Mood tracker

Track your daily mood and spot patterns to better understand your wellbeing.

Take a moment to reflect on your mood

Notice trends and changes over time

Build awareness that supports healthier habits

Access the mood tracker

Home screen → **How are you feeling today?** → Tap or click how you're feeling

Journal

Reflect on your thoughts and make sense of what you’re feeling to help you process emotions.

- **Write** freely and privately
- **Reflect** on experiences and emotions
- **Build** self-awareness and clarity

Start your journal
Home screen → **What’s on your mind** →
Take a moment to write and reflect



Work Life Resources

Legal consultation

- Free in-person or telephonic consultation

Financial consultation

- Guidance and consultation from financial planners and budget specialists

ID theft consultation

- Free consultation and tailored recovery action plan

Dependent care resources

Childcare referrals

- Daycare centers
- Home childcare
- Nannies
- Recreational programs

Elder care referrals

- Adult daycare
- Assisted living
- Home health care
- “Meals on Wheels”
- Retirement communities

Convenience and concierge resources

Expert referrals for everyday needs

- Home improvement
- Entertainment services
- Pet care
- Auto repair
- Wellness
- Travel
- Plumbers and handymen
- Volunteer opportunities

Clarity when legal issues arise

Personal legal guidance to help you navigate questions, understand your options and decide next steps with confidence.

Real estate
Get guidance when buying, selling or refinancing a home

Landlord and tenant issues
Understand your rights and options whether you rent or own

Bankruptcy
Learn your options and get guidance to decide next steps with confidence

Estate planning
Prepare documents, wills and trusts to protect your wishes and provide for loved ones

Help for financial peace of mind

Personal financial guidance to help you make sense of your options, plan next steps and improve financial wellbeing.

Debt management
Identify problem areas and create a realistic plan to pay down debt

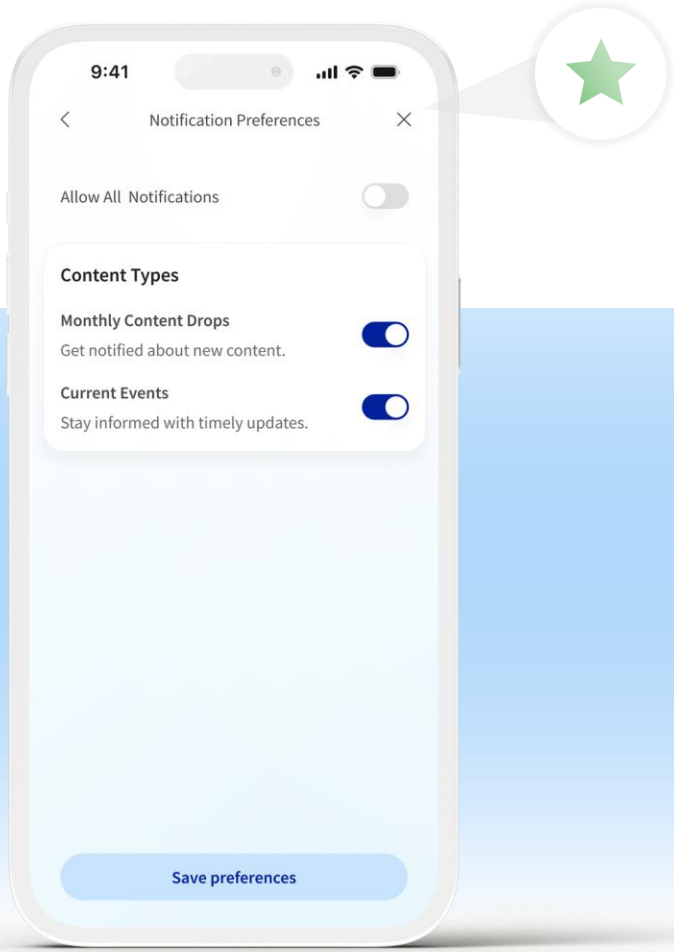
Budgeting and saving
Learn how to plan for everyday expenses and save future goals

Education planning
Get tips for starting a college savings plan and financial aid options

Get updates that matter to you

Turn on notifications to stay informed.

1. Tap or click **the bell** in the upper right corner
2. Choose your **notification preferences**
3. Tap or click **Save preferences**



Clinical resources

Care and guidance you can count on

Proactive resources

Immediate crisis support

Live 24/7 telephonic access to licensed mental health clinicians

Text coaching

- ✓ 24/7/365 access on any device
- ✓ No appointments, no wait times

Counseling and coaching

Verified availability, virtual or in-person

- ✓ **Care aligned with unique needs**: Age, race, gender identity, LGBTQIA, religion
- ✓ **Speed to care:** Average 2.1 days; urgent and emergency cases within one day
- ✓ **Prioritized referrals** to high-quality providers
- ✓ **Evidence-based care**
  - Solution-focused brief therapy
  - Cognitive behavioral therapy
  - Acceptance and commitment therapy
  - Mindfulness-based cognitive therapy
- ✓ **Independent licensure at the highest state level** (LCPC, LCSW, LMFT, PhD/PsyD)

Mental health check-in

- ✓ Short questionnaire that assesses mental health needs and directs members to the right support

Virtual group support

- ✓ 30-minute anonymous group sessions covering a variety of clinical and sub-clinical topics
- ✓ Hosted by licensed counselors and accredited coaches

Digital therapy (dCBT)

- ✓ Self-guided digital mental health treatment featuring evidence-based content and practical resources to foster meaningful behavior change

Work-life benefits

Expert consultation and referrals

- ✓ Dependent care
- ✓ Local aid and support
- ✓ Legal and financial
- ✓ Identity theft

Key features

- Unlimited use
- Counseling integration
- Feature-specific communication
- Kits and resources

Guided paths

- ✓ Self-guided experiences that strengthen emotional resilience

Mood tracker

- ✓ Daily tool to recognize emotions and track patterns

Journal

- ✓ Private space to write, reflect, and gain clarity when thoughts feel overwhelming

Content library

- ✓ Helpful articles, videos, exercises and guided meditations

Mindstream™

- ✓ Audio and video sessions to improve wellbeing

Interactive toolkits

- ✓ Meditation
- ✓ Addiction
- ✓ Parenting
- ✓ Sleep Fitness
- ✓ Resilience
- ✓ Mindfulness



Questions?

supportlinc

Support that’s here for you

Whether you’re looking for guidance, tools or someone to talk to, support is available to meet you where you are and help you move forward with confidence.

Help is always within reach

mysupportlinc.com | Group code: rrd

1-888-881-LINC (5462)

supportlinc