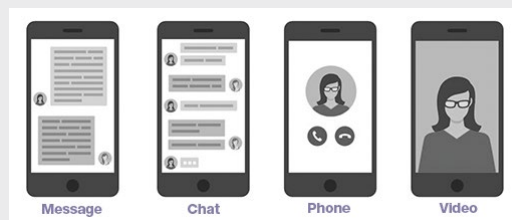


TALK TO A THERAPIST ON YOUR TIME WITH
**ONLINE
THERAPY**

BetterHelp Online Therapy

Support is more convenient than ever.

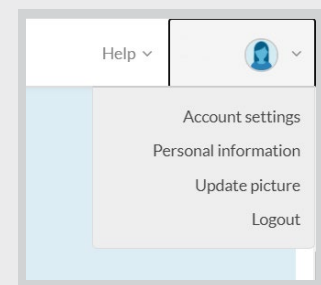
BetterHelp is the largest online therapy platform worldwide that makes mental healthcare more convenient, discreet and accessible to a licensed therapist. Professional therapy is available anytime, anywhere, through a computer, tablet or smartphone.



1. Login at eap.ndbh.com (Company Code: **FMOLHS**) select “Request Counseling” then select “online.”
2. Complete registration and get matched with a therapist.
3. Download app and start your EAP therapy sessions.
4. Verify the number of sessions covered within your EAP benefit and stay updated on your remaining sessions by following the steps below:

Check sessions on your BetterHelp account

- Navigate to the upper right of your homepage and select the downward arrow
 - Select “Account Settings”
 - Scroll to “Payment Settings” then view your number of remaining sessions
 - Reach out to your employer if you have questions regarding your number of allotted sessions
5. You will receive an email notification from BetterHelp outlining your options after you have exhausted the covered benefit sessions.



If you have questions about continuing services for any additional needs, please call the free New Directions support line at 800-624-5544 to hear your options. You may also continue with BetterHelp at a self-pay rate. If you choose to continue services with self-pay, you will be prompted to enter credit card information on the BetterHelp website.



No cost. Available 24/7. All confidential. 800-624-5544.