

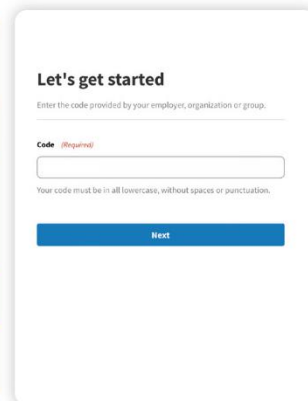
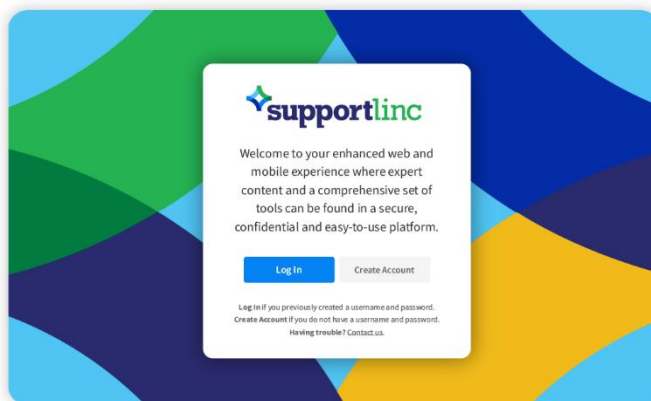
Access Made Easy

Enhanced Web and Mobile Platform

Accessing resources to boost your wellbeing has never been easier. You can explore all that your program has to offer with a single username and password. To get started, follow the simple steps below.

Step 1. Visit your web or mobile platform.

Visit supportlinc.com, or use the mobile app, click on Create Account and enter your group code on the next screen. You will only need your group code this one time.



Step 2. Create your individual username and password.

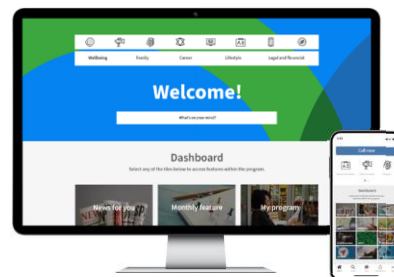
Answer a few questions - it only takes a minute!

We securely store this confidential information to make personalized recommendations for you.

Step 3. You're all set!

Now with only one login, you can access all of the care modalities, valuable information and resources your program has to offer!

Have questions? Please see page 2 for answers to frequently asked questions.



Download the mobile app
by scanning this QR code.



Frequently Asked Questions

Enhanced Web and Mobile Platform

1. Q: What is ‘enhanced’ about the web and mobile platform?

A: This enhancement allows you to conveniently access all of SupportLinc’s resources with a single username and password. No more remembering usernames and passwords across multiple care modalities!

2. Q: What are the benefits of the enhanced web and mobile platform?

A: By creating a single account, you can move seamlessly from one modality to another like Animo, Textcoach®, Virtual Support Connect and more. This means less hassle for you and more time spent improving your wellbeing.

3. Q: Is all information confidential?

A: The platform is secure, and information is stored in a HIPAA compliant database. Data is encrypted and will not be shared.

4. Q: I don’t want to set-up a username or password. Does that mean you can’t help me?

A: 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 to provide the support, guidance and resources that best meet your needs.

5. Q: I am having issues setting up/accessing my account. Where can I turn for help?

A: 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.

6. Q: Once logged in, can I freely move between Animo and Textcoach® without having to enter a username and password?

A: Yes, once you are logged in, your single username and password will allow you to seamlessly switch from one modality to another.

7. Q: I already have an Animo or Textcoach® profile set up. Will I now have to change it?

A: You will be prompted to merge your existing accounts. Simply enter your login information when requested, and your accounts will be merged. You will only need to complete this step once.

8. Q: What if I forget my username or password?

A: No problem! Simply click on “lost your password,” enter your email address, click on “get new password” and you will receive a link to reset your password.

9. Q: Will I still need my group code to enter the web portal?

A: When you first set up an account, you will need to enter your group code. Once you enter your code the first time, you will no longer need it.

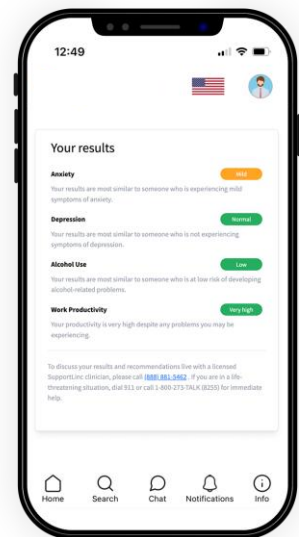
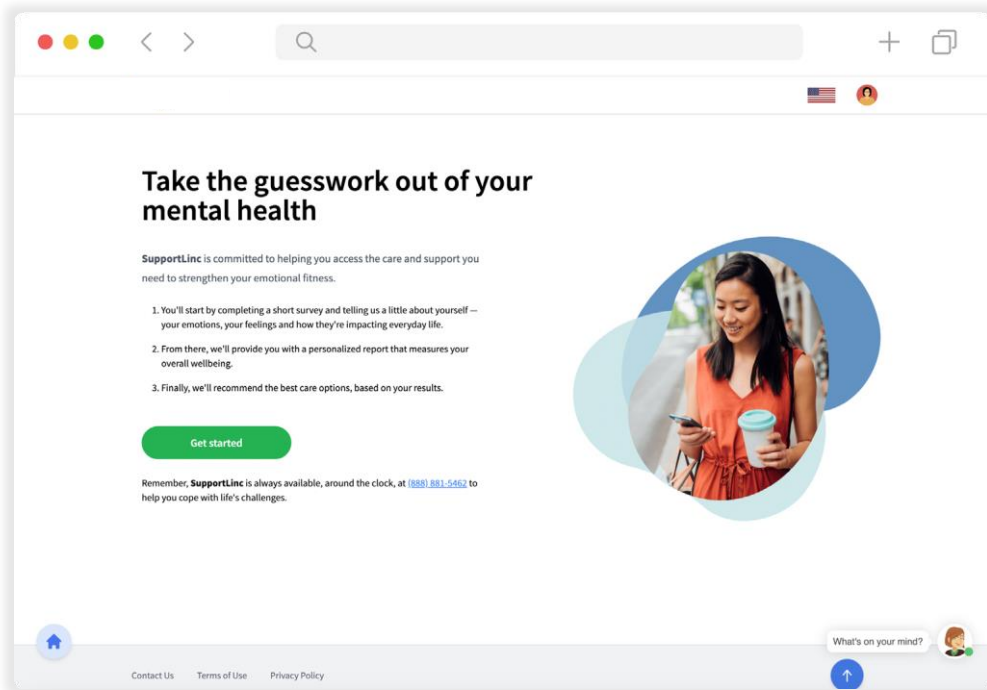
10. Q: What if I have previously bookmarked the web portal? Will I still have access?

A: Yes, the bookmark will still work, and from there you can create your username and password.



Mental Health Navigator

Take the guesswork out of your mental health



When life gets hectic, your emotional wellbeing can sometimes fall to the bottom of your to-do list. If you are coping with a stressful situation, uncertainty about the future or challenges at work or home, getting guidance on where to turn can be a big relief. Simply follow the steps to get started.

Easy and fast

Mental Health Navigator is just three simple steps:

1. You'll start by completing a short survey and telling us a little about yourself—your emotions, your feelings and how they're impacting everyday life.
2. Review your personalized report that measures your overall wellbeing and recommends care options.
3. Click the buttons next to the care recommendations for support and access a licensed clinician, coaching services, self-guided resources and more.

Get started!

supportlinc.com



**Download the
mobile app today!**





Mental Health Navigator

Frequently asked questions

1. What is Navigator?

It is a tool that helps you take the guesswork out of your mental health and get you the resources that provide insight and assistance.

2. How do you know what's most relevant to my situation?

You'll start by completing a short survey and telling us a little about yourself – your emotions, your feelings – and how they're impacting everyday life.

3. What kind of resources are suggested?

Based on the information you provide, short-term counseling, text coaching, digital group support or Animo's self-guided content, practical resources and daily inspiration may be recommended.



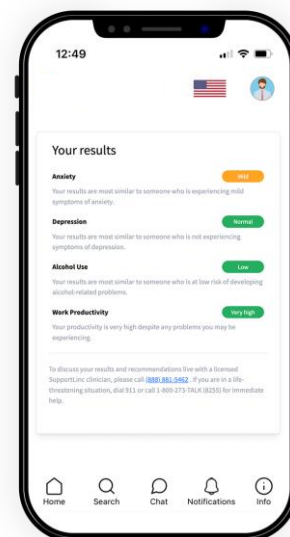
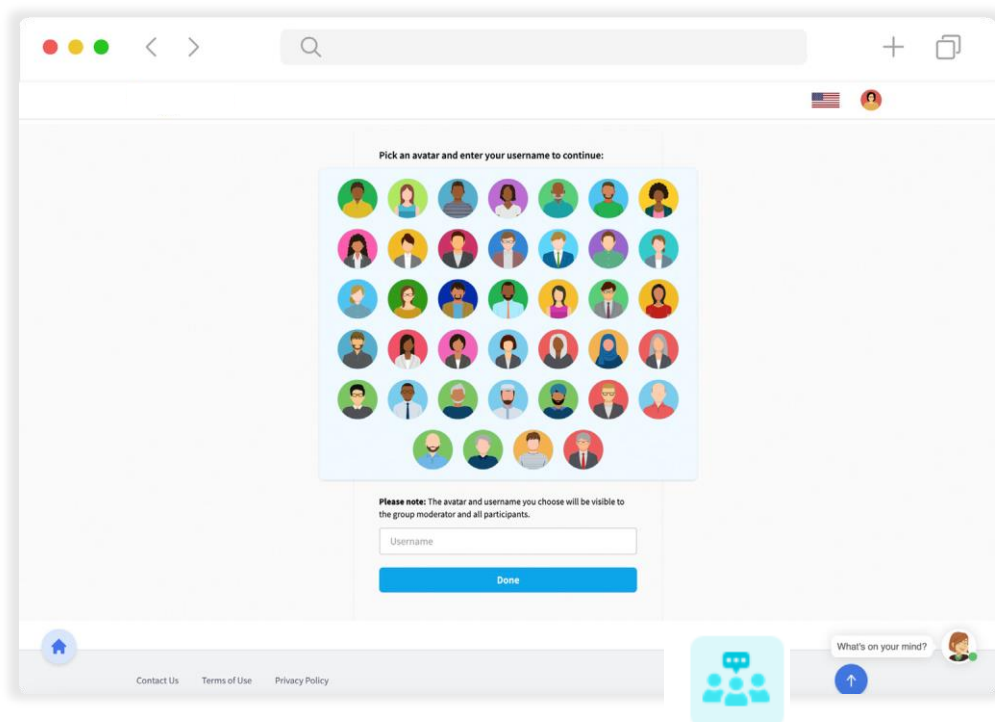
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Digital group support

Live, moderated sessions



When you are coping with a challenge at home or work, group support can offer perspective, encouragement and, most importantly, the reassurance that you are not alone. Join confidential group sessions on various topics via the desktop or mobile platform. Answer questions, participate in activities and provide feedback anonymously.

Confidential group support

Get started with these simple steps:

1. Visit your web or mobile platform
2. Create account and enter your group
3. Find the Digital group support tile on the dashboard
4. Click to create an avatar and username
5. Select a topic session

Topics include:

- Avoiding addiction
- Caregiver support
- Coping with stress
- Grief
- Mindfulness
- Preventing burnout
- Self-care
- Sleep fitness

Get started!

supportlinc.com



**Download the
mobile app today!**





Digital group support

Frequently asked questions

1. What is Virtual Support Connect (VSC)?

Virtual Support Connect (VSC) provides live, moderated sessions on a wide variety of topics via the desktop or mobile platform..

2. How do you protect my privacy?

Confidentiality is key – you answer questions, participate in activities and provide feedback anonymously by exchanging texts with the moderator. No one will know who you are within the session.

3. Who moderates these sessions?

Group support sessions are hosted by experienced counselors and subject matter experts on a wide variety of topics to help strengthen your emotional fitness.

4. What topics are discussed in Virtual Support Connect (VSC)?

Avoiding addiction, Caregiver support, Coping with stress, Grief, Mindfulness, Preventing burnout, Self care, Sleep Fitness and more.

5. Can I join more than one session?

Yes. You may choose to participate in other group discussions on other topics or you may repeat a session on the same topic.

6. Is there other assistance the moderator provides?

In addition to leading the session, the moderator will post tip sheets, exercises and links to other resources. You can also easily access individual, in-the-moment support or connect to the program web portal for additional services and information.



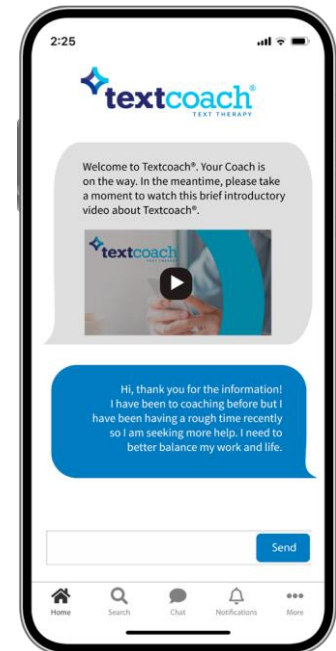
Download the mobile app
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Textcoach®

Coaching that puts wellbeing at your fingertips



Textcoach® is like having a mental health “Coach” in your pocket! Designed to help address anxiety, depression, burnout and other concerns while on the go, Textcoach® allows you to begin texting with a licensed clinician on your mobile or desktop device. Exchange texts, voice notes, videos and resources to help boost your emotional wellbeing by downloading the app or visiting the website.

Features

Textcoach® conveniently provides:

- 100% confidentiality
- A stigma-free access point
- Connection via mobile and desktop devices
- Texting whenever and wherever
- Independently-licensed clinicians
- Voice notes, tip sheets, articles, videos and more
- Referrals to local mental health professionals

Get started!

supportlinc.com



Download the mobile app today!





Textcoach®

Frequently asked questions

1. What is Textcoach®?

Textcoach® is a web and mobile application that provides you with around-the-clock access to a personal Coach who can help you strengthen your overall emotional fitness and wellbeing.

2. How do you protect my privacy?

Your privacy is of the utmost importance to us. All communication between participants and Coaches is encrypted and stored securely. Textcoach® is completely confidential. No information is released to any third party except as required by law, as in the case of an imminent threat to your safety, or the safety of another person. For more information, please review our Privacy Policy.

3. Who provides the coaching?

Every Coach is a licensed and experienced clinician with the qualifications, skills and training needed to deliver safe and effective coaching and care. Coaches have a variety of skills and specialties to help you address a wide array of concerns like relationship problems, mild depression, grief or stress. In addition to holding a professional license and having a minimum of five years of clinical experience, Coaches must also obtain and maintain the Board Certified TeleMental Health Provider (BC-TMH) credential, a special accreditation that ensures they're trained in the best practices for delivering technology-driven care.

4. What do the letters such as LCPC, LCSW and BC-TMH by the name of the Coaches mean?

All of our Coaches are licensed and experienced mental health professionals. The letters behind their name refer to their specific professional credentials. For example, LCPC stands for Licensed Clinical Professional Counselor, LCSW stands for Licensed Clinical Social Worker and BC-TMH stands for Board Certified TeleMental Health Provider.

5. When will my Coach respond to me?

Coaches respond to messages once or twice per day, Monday through Friday, excluding holidays. It's important to keep in mind that Textcoach® is not live and messages are not instant, so you should always contact a loved one or the appropriate services in case of an emergency.

6. What issues are appropriate for Textcoach®?

Whether you're trying to manage stress, boost your mood, improve a relationship, build resilience, or increase mindfulness, your Coach can provide you with the support, practical tools and resources to help. If you need a referral to other resources, like counseling or therapy, your Coach will be there to assist you. And remember, although your Coach is also a licensed and experienced clinician, Textcoach® is not appropriate for emergencies. If you're in a life-threatening situation, call 1-800-273-8255 for immediate help or dial 911.



Download the mobile app
by scanning this QR code.





Textcoach®

Frequently asked questions

7. Do you offer coaching to families or couples?

Textcoach® is not appropriate for couples or families. However, your Coach can work with you to address family, relationship or parenting issues on your own. If couples or family therapy is recommended, your Coach will assist with appropriate referrals.

8. What if I don't really like typing everything out?

Text messages are just one way you can message your Coach. You can also exchange voice notes, pictures, videos and links to other resources through the Textcoach® platform.

9. How can I change coaches?

If you feel that your Coach is not a good fit for you, you may request a new Coach at any time directly through the Textcoach™ platform. All Coaches receive special training to help ensure a smooth transition.

10. Is Textcoach® covered by my Employee, Member or Student Assistance Program?

Yes. Textcoach® is included in your program at no additional cost to you. Refer to your program information materials for additional details.

11. Can a minor sign up for Textcoach®?

Textcoach® is intended for adults 18 years of age or older. However, parents often use Textcoach® for guidance, information and resources related to parenting and raising children.

12. Can I use Textcoach® if I am outside of the USA?

You can use Textcoach® anywhere you have access to a secure internet connection on your desktop or mobile device.

13. Am I able to delete my chat transcript?

We understand and appreciate your desire for the removal of your personal information. We can always close your account so that it can no longer be logged into by anyone, but please be aware that the chat dialogue cannot be deleted, since Coaches are required by Federal Law to keep records on file for a specific period of time. For more information, please review our Privacy Policy.



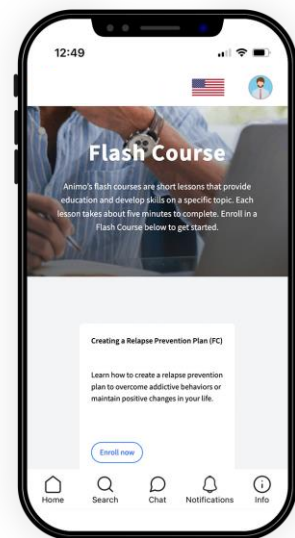
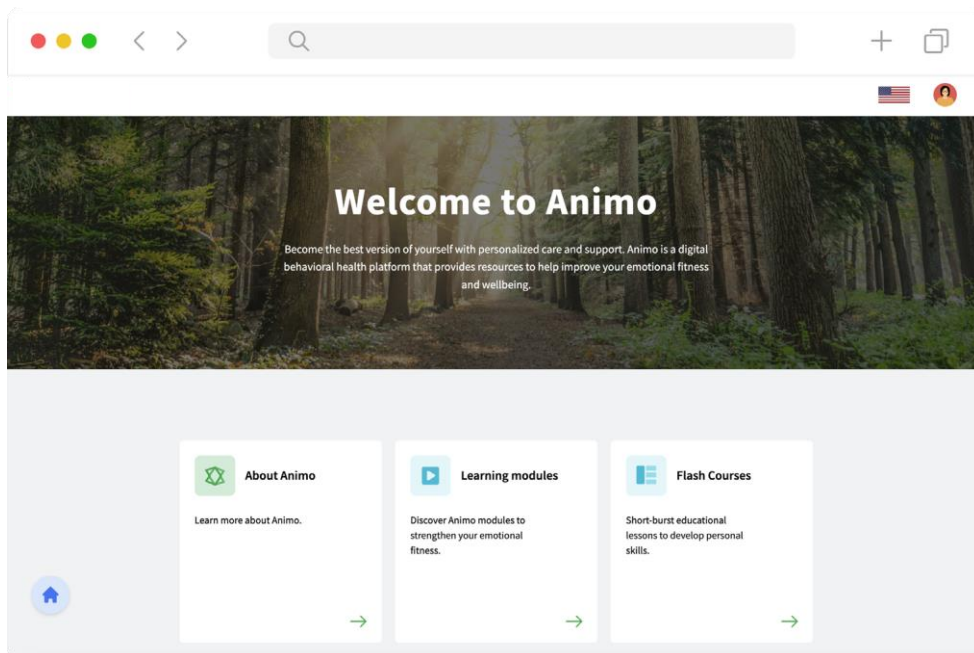
Download the mobile app
by scanning this QR code.





Animo

Discover your inner strength



Animo provides web and mobile tools to help you address stress, depression, anxiety and general emotional fitness in a safe and secure self-guided environment. Complete a brief emotional fitness survey and then choose one of the suggested modules. Each module has five short competency-building sessions that include a combination of videos, audio lessons and coursework designed to help you foster meaningful and lasting behavior change.

Safe, secure and just for you

Visit the Animo website, download the mobile app or click the Animo icon on your web portal for confidential, secure access to the full library of modules, including:

- Coping with panic
- Perfectionism
- Social anxiety
- Low self-esteem
- Phobias
- Stress management
- Depression
- Worry
- Anger management
- Trauma and abuse

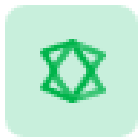
Get started!

supportlinc.com



**Download the
mobile app today!**





Animo

Frequently asked questions

1. How do you pronounce Animo?

Animo is pronounced ä-nē-mō.

2. What is Animo Therapy?

Cognitive behavioral therapy, or CBT, is a therapeutic approach that helps people manage problems like anxiety, depression and stress in a results-oriented manner by breaking the concern(s) down into smaller parts and addressing them individually. Unlike other therapy-based treatment methods, CBT deals with current problems, rather than focusing on issues from the past, and provides practical methods to improve a participant's state of mind. dCBT, or digital cognitive behavioral therapy, is a dynamic, technology-driven approach to CBT that allows users to develop skills and competencies that have a positive impact on their health, wellbeing and productivity.

3. What is a Flash Course?

Animo's Flash Courses are short lessons that provide education and develop skills on a specific topic. Each lesson takes about five minutes to complete. Just click to enroll and start the lesson.

4. What kinds of resources are included?

Find a library full of articles, tip sheets, worksheets, games, audio and video.

5. Is all information confidential?

The platform is secure, and information is stored in a HIPAA-compliant database. Data is encrypted and will not be shared with any third party.

6. I am having issues accessing Animo. 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.



Download the mobile app
by scanning this QR code.





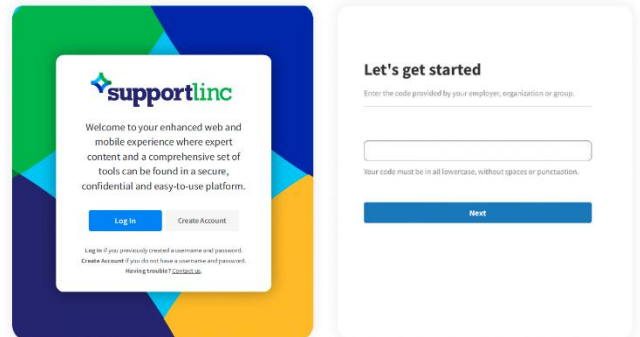
Mindstream™

A fitness studio for your mind

This engaging and easy-to-use platform provides live and on-demand sessions to help you strengthen your life skills and emotional health. To get started, follow the simple steps below.

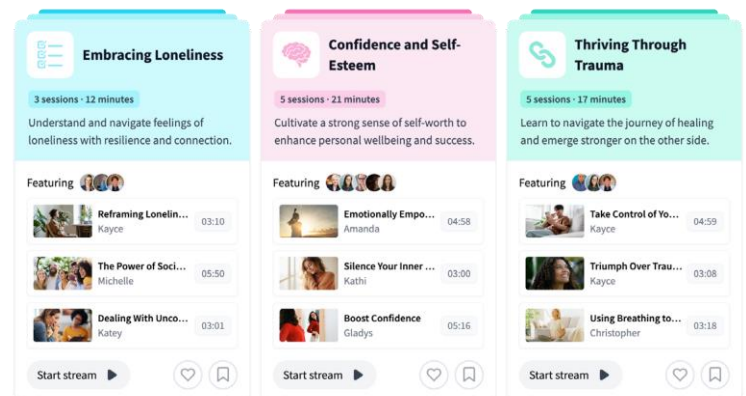
1 Visit your web or mobile platform

Visit supportlinc.com or use the mobile app. Click on Create Account, enter your group code and then create a personal profile. Existing users: Simply log into your account.



2 Access the Mindstream™ tile on the home page

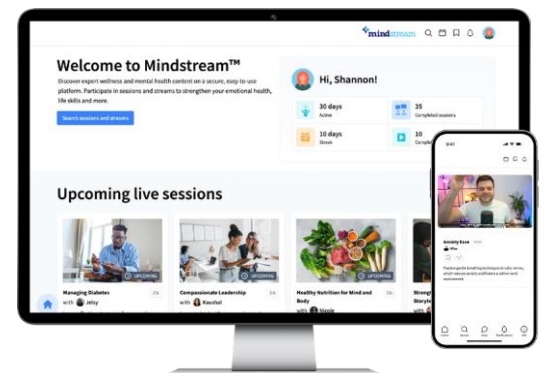
Personalize your experience and find recommended live and on-demand sessions based on your preferred focus areas, or schedule a mindfulness or meditation break with ease.



3 Begin your journey today

Engage with a session anytime and anywhere. Return daily to track your progress, explore newly released sessions or revisit your favorites.

Want to learn more? Please see pages 2 and 3 for answers to frequently asked questions.



Download the mobile app
by scanning this QR code.





Mindstream™

Frequently asked questions

1. What is Mindstream™?

Mindstream™ is a fitness studio for your mind that strengthens your emotional health and develops life skills. Just like daily workouts benefit your physical health, exercising your mind is essential for overall wellbeing. This platform offers a wide range of sessions and streams to prepare you for any challenges life may present. Gain knowledge, improve resilience, boost productivity and more. With something for everyone, Mindstream™ is the perfect place to start your journey towards a healthier mind.

2. How do I start?

Select three to five focus areas and instantly receive a list of recommended sessions and streams. You may also browse by focus area, instructor, language, session length or media type.

3. Is it free?

Mindstream™ is free to use whenever you'd like, as are the other resources and care options available to you within the program.

4. What is the difference between a session and a stream?

A session is a video or audio track addressing a specific subject. A stream is a collection of sessions on the same subject that allows you to engage more deeply with a topic.

5. What media types are available?

Sessions are available in audio and video format and are delivered by a diverse group of expert instructors.

6. How long are the sessions?

Sessions range from 3 to 20 minutes to fit into your daily life.

7. What focus areas are available?

From mental health to personal development, work-life balance and leadership skills, Mindstream™ addresses a multitude of topics designed to strengthen emotional wellbeing, including relationships, career development, DEI, sleep, mindfulness, parenting, grief and loss.

8. Can I change my focus areas?

Just like you might alternate between cardio and strength training to improve your physical health, switching things up can also improve your emotional health. When you are ready to change your focus, your preferences can be accessed by clicking on your avatar in the upper right corner.



Download the mobile app
by scanning this QR code.





Mindstream™

Frequently asked questions

9. Can I save a session or stream to watch later?

Yes. Click the bookmark icon on the lower right of the session or stream to add it to your personal library. Visit your profile to find your bookmarked sessions and streams at a day and time that works best for you.

10. What do I do if I begin a session but can't finish it in one sitting?

You can pause a session at any time. If you want to leave and return later, click the bookmark icon to save it to your library.

11. Is there a limit on how often I can engage with a session?

There is no limit. You can participate in as many sessions or streams as you'd like, as many times as you'd like.

12. How often are new sessions added?

Mindstream™ hosts new sessions regularly. Click the button under your session of interest to add it to your calendar. If you miss participating in the live session, it will be added to the vast library. Simply search the topic and engage at a day and time that works best for you. The session you put on your calendar can also be accessed via the calendar link on the profile page.

13. How do I schedule a mindfulness or meditation break?

Click "Schedule a mindfulness or meditation break" under Quick Access to instantly add a daily calendar reminder.

14. How do I earn certificates and badges?

Certificates and badges reward your progress, boost motivation and help you reach your goals. You earn a certificate for each session you complete. You earn a badge when you complete your first session. Continue to earn badges at various milestones along your journey.

15. What language options are supported for videos?

While videos are spoken in English or Spanish, captions populate in the language you select. Click "cc" on the lower portion of the player to choose from 33 different languages.



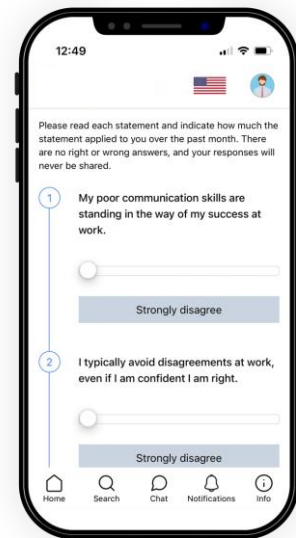
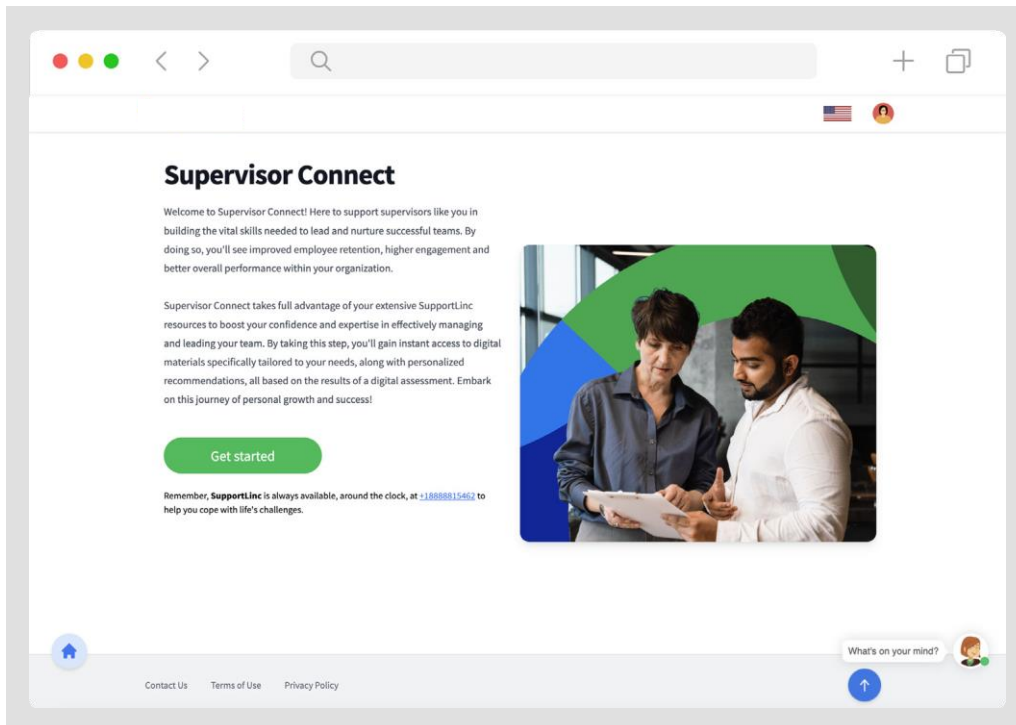
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Supervisor Connect

Grow and succeed



Supervisor Connect leverages your robust program resources to develop or strengthen supervisor skills and confidence, empowering you to grow and succeed as a leader. You are immediately connected to valuable tools and personalized coaching based on the results of a digital assessment.

Features

Provides supervisors (and those who aspire to lead) with the essential skills to develop and manage high-performing teams, leading to higher retention, engagement, organizational performance and faster career advancement.

- Online assessment to measure supervisor strengths and opportunities
- Promotes manager and leadership growth and development
- Easily connect users to care and support
- Access the Supervisor Toolkit

Get started!

supportlinc.com



Download the mobile app today!





Supervisor Connect

Frequently asked questions

1. What is Supervisor Connect?

It's a tool to empower supervisors (and those who aspire to leadership) with the essential skills to develop and manage high-performing teams, leading to higher retention, engagement, organizational performance and faster career advancement.

2. Can I use Supervisor Connect if I'm not currently in a leadership role?

While intended for managers, supervisors and other company leaders, it is accessible to all employees. New leaders often come from lower ranks. Having the skills and confidence to handle common workplace challenges and continuing to grow and develop are essential to building your career.

3. Why is Supervisor Connect important?

Supervisors play a critical role in engaging and retaining employees but often lack the skills and confidence to lead and manage people effectively. Almost 70% of people report that their managers had the greatest impact on their mental health.

4. What does the assessment survey measure?

When you complete a survey to assess strength in supervisory skills and emotional wellbeing. This takes approximately 2-3 minutes to complete. Topics such as communication, conflict resolution, time management, problem-solving skills, critical thinking and change management are measured. Responses are completely confidential and will not be shared with anyone or any organization.

5. How do you protect my privacy?

Your privacy is of the utmost importance to us. The assessment on Supervisor Connect is completely confidential. All communication between participants and Coaches is encrypted and stored securely. No information is released to any third party except as required by law, as in the case of an imminent threat to your safety or the safety of another person. For more information, please review our Privacy Policy.

6. What recommendations are available after the assessment?

Digital self-help tools, coaching and in-person or video counseling may be recommended based on survey results.

7. Is Supervisor Connect covered by my Employee, Member or Student Assistance Program?

Yes. Supervisor Connect is included in your program at no additional cost to you. Refer to your program information materials for additional details.



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by scanning this QR code.





Supervisor Connect

Frequently asked questions

8. What resources are available beyond the assessment?

Additional features include access to the digital interactive toolkit that provides tip sheets, natural disaster and critical incident resources, supervisor inspiration and other helpful information.

9. Can I use Supervisor Connect if I am outside of the USA?

Yes. The plan includes resources relevant to and available in the country in which you reside, including digital self-help tools, coaching and in-person or video counseling.

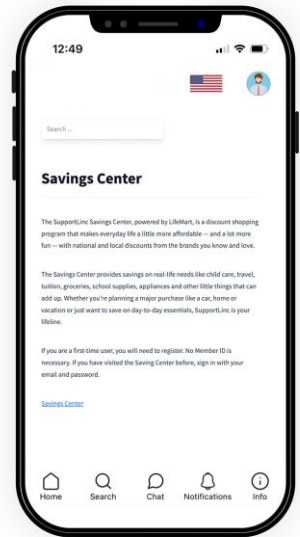


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Savings Center



Bills, healthcare, retirement savings and taxes take enough out of your paycheck. The Savings Center can help you maximize the spending power of your earnings by finding you exclusive discounts. When you visit the Savings Center, you can shop quality name brands at discounts of 25 to 70 percent off regular retail prices!

Register for free

1. Visit the SupportLinc website and type "Savings Center" in the search bar
2. Follow the instructions to register your work or personal email address
3. Explore a wide array of discounts from leading name-brand retailers as well as discounted tickets
4. Redeem discounts online, through catalogs and select in-store merchants

Get started!

supportlinc.com



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mobile app today!**





Real-time scheduling



While you can choose to begin your mental health care journey by phone, text or live chat, you may prefer to take control of your care plan by scheduling treatment directly with a counselor or Coach. Telebehavioral (video) counseling or coaching sessions can be scheduled in as little as 24 hours.

Convenient and fast

Real-time scheduling provides:

- The ability to schedule counseling or coaching sessions on a date and time that works for you through desktop and mobile platforms.
- Choice of a provider who meets your gender, race, language or specialty preferences.
- Access to quality care that helps strengthen your emotional fitness and improve wellbeing.

Get started!

supportlinc.com



**Download the
mobile app today!**





Work-life benefits

Expert consultation and referrals

- ✓ **Legal consultation:** free 30-minute per-issue meetings with an in-state attorney to discuss various legal matters in person or telephonically. Employment law is not covered.
- ✓ **Expert dependent care resources:** referrals to resources that can help you meet the needs that arise when caring for your children or your aging loved ones.
- ✓ **Financial consultation:** free unlimited telephonic advice from top-rated financial professionals on budgeting, home buying, college planning, bankruptcy prevention and retirement.
- ✓ **Convenience resources:** referrals for everyday needs such as wellness, home improvement, pet care, auto repair, travel, community resources and so much more!
- ✓ **Identity theft consultation:** free unlimited telephonic consultations help you create an immediate action plan if your identity has been compromised.



Download
the mobile
app today!



1-888-881-LINC (5462)



supportlinc.com

Program toolkits

Trying to find the exact resources you need can sometimes be challenging. Each of these interactive toolkits provides a comprehensive guide on specific topics. Explore conveniently packaged tip sheets, videos, flash courses, audio lessons and more to help enhance overall mental health and wellbeing.



Mental Health Toolkit

Develop skills to identify, understand and respond to signs of mental illness.
www.mhfirstaid.tools



Critical Incidents Toolkit

Learn practical steps and helpful coping skills to manage the emotional distress that often accompanies these events.
www.criticalincidents.tools



Resiliency Toolkit

Overcome various challenges with resources to apply energy and passion into taking care of yourself.
www.resiliency.tools



Natural Disaster Toolkit

Cope with stressors that accompany disasters and discover information on preparedness, communication plans, cleanup efforts and more.
www.naturaldisaster.tools



Mindfulness Toolkit

Discover the benefits of mindfulness, navigate distractions and live fully in the present.
www.mindfulness.tools



Addiction Toolkit

Understand the types of addiction and get the support you need.
www.addictionToolkit.tools



Meditation Toolkit

Boost self-confidence, empathy, compassion and patience to find peace and clarity.
www.meditate.tools



Supervisor Toolkit

Empower supervisors with essential skills to develop and manage high-performing teams for higher retention, engagement, organizational performance and faster career advancement.
www.supervisor.tools



Sleep Fitness Toolkit

Learn habits to get a good night's sleep instead of tossing and turning.
www.sleepfitness.tools



Grief and Loss Toolkit

Equip yourself with knowledge, support and the right tools to discover a way to live with grief and move forward.
www.griefandloss.tools



Additional resources

Tap into an extensive library of fresh content to help improve and support your emotional, physical and overall wellbeing.
www.wellbeing.place



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