

# Your mental health matters.

Available to all BeWell subscribers.

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## Free Mental Health Coaching

BeWell's Mental Health Coaching connects you with certified mental health professionals with advanced degrees, who can help you manage stress, build resilience, and support your mental health, quickly and confidentially.

*This program does not replace therapy. It's here to support you along the way.*

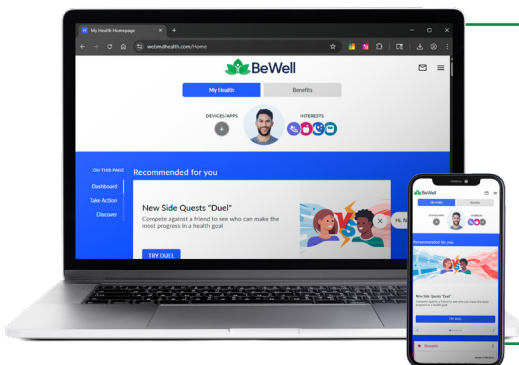
### Get started today!

1. Go to the BeWell portal by scanning the QR code below
2. Login with your My EMI Health account credentials

**Don't have an account?** Register your My EMI Health account by going to [emihealth.com/account](https://emihealth.com/account).

### Coaches can help address:

- ✓ Anxiety or depression
- ✓ Trauma or grief
- ✓ Relationship or family stress
- ✓ Alcohol or drug use
- ✓ Emotional eating
- ✓ Coping with health conditions
- ✓ Work-related burnout



## Connect with a BeWell Health Coach today!

Scan the QR code to login to BeWell or call 1-888-263-0209 to learn more!

**Want to learn more about your wellness benefit?**

→ Please visit [info.emihealth.com/bewell](https://info.emihealth.com/bewell).