

Mind full? You are not alone.

One in five adults in the U.S. live with a mental, behavioral or emotional disorder,¹ which can impact their jobs, relationships and lives. But there is help.



As part of your MetLife Long Term Disability plan, you have access to **TELUS Health CBT**, a virtual cognitive behavioral therapy (CBT) program that you can access on any computer, smartphone or tablet—wherever and whenever you need it—at no additional cost to you.

Guided by a **licensed therapist**, you'll work through structured modules as you journey toward better mental health. You will gain information to help you understand what you are experiencing and learn new skills to help improve your quality of life. Your support will be continually customized to your needs—whether you are struggling a little or a lot. Your journey toward healing can happen:

- From your comfort zone.
- At your convenience.
- At your own pace.

TELUS Health CBT's comprehensive range of programs includes support for a variety of mental health concerns and challenges, including:

- Anxiety
- Depression
- Social anxiety
- Obsessive-compulsive disorder
- Trauma support
- Substance abuse
- Sleep
- Pain management
- Grief and loss
- Burnout
- Adjustment to change
- Goal management training™ (GMT)

Ready to get started?

Complete the sign-in process at metlife.cbt.telushealth.com, where you will be guided through a simple registration, sign a consent form and book your first appointment. Most people can find an available appointment within a week of their registration.

Learn more at metlife.cbt.telushealth.com.



1. National Alliance on Mental Illness, "Mental Health by the Numbers," <https://nami.org/mhstats>. April 2023.

Like most group disability insurance policies, MetLife's policies contain certain exclusions, waiting periods, reductions, limitations and terms for keeping them in force. Ask your representative about costs and complete details.

TELUS Health CBT services are provided through an agreement with TELUS Health (US) Ltd. TELUS Health is not a subsidiary or affiliate of MetLife. Information disclosed directly to TELUS Health is not disclosed to MetLife and, therefore, is not subject to MetLife's privacy policy.

Your time. Your place. Your space for healing.

Mental and emotional health issues can impact your job, your relationships and your life, and finding help for them can feel overwhelming. MetLife is collaborating with TELUS Health CBT to provide **virtual cognitive behavioral therapy (CBT)** through your Long Term Disability plan at **no additional cost to you**. It's simple to get the help you need, when and where you need it.

Your virtual therapy journey toward healing can happen:

- From your comfort zone.
- At your convenience.
- At your own pace.

Here's how it works:

1. Register

Visit metlife.cbt.telushealth.com to create your account.

2. Complete a quick assessment.

Take 5-7 minutes to answer some questions about how you're feeling and what's on your mind.

3. Begin your journey.

Download the app or get started right from the website.

4. Schedule your first therapist meeting.

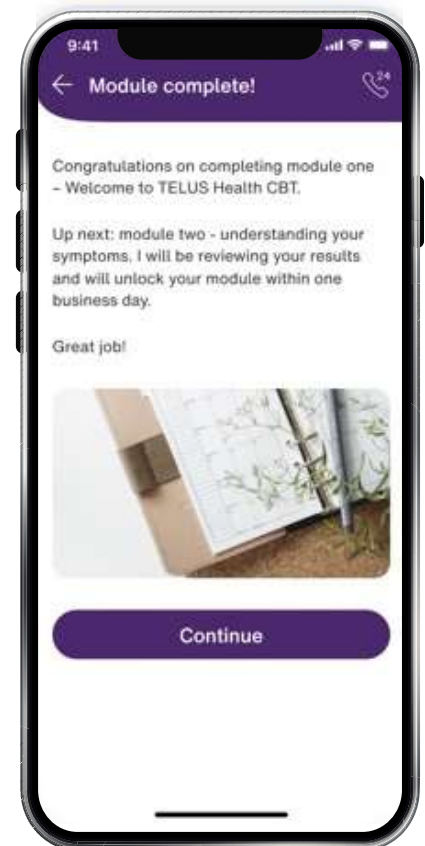
You can connect with your therapist through the app or through a phone or video call – whatever works best for you.

5. Progress at your pace.

Participate in activities, watch videos and complete assignments at your convenience.

6. Check in with your therapist.

Your progress is at your pace, but you're never alone. Your therapist will help guide you on your path and provide support through your journey.



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