

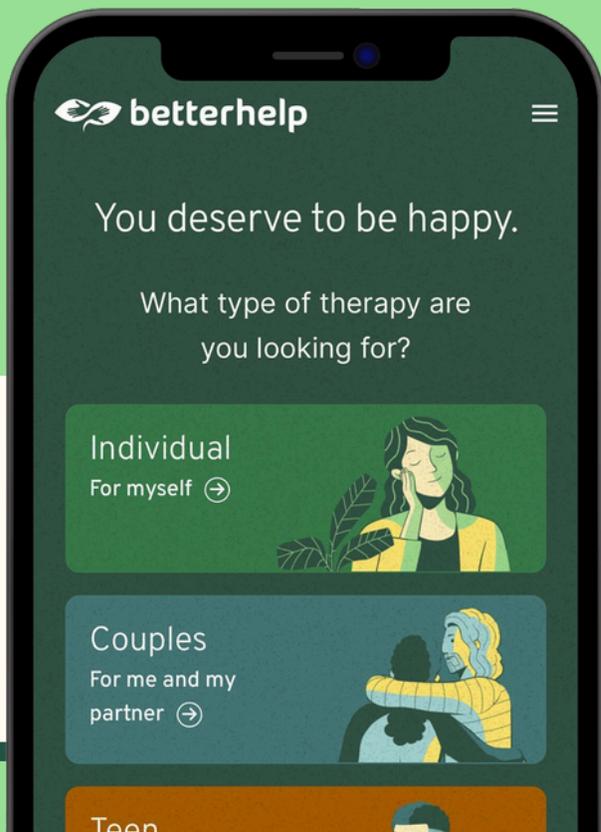
# Did you know that your EAP offers easy and confidential virtual therapy?



## betterhelp

As part of the many benefits available to you through your employer, your EAP program offers convenient and direct access to a licensed therapist through Chat, Phone, or Video—**Anytime. Anywhere.**

Get matched with a licensed therapist based on your preferences (gender, age, orientation, BIPOC, faith) and needs (Stress, Anxiety, LGBTQ, Depression, Couples Therapy, Teen Counseling, Addictions, Grief, etc.).



To access your BetterHelp benefits go to:  
**[www.betterhelp.com/bpahealth](http://www.betterhelp.com/bpahealth)**

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or call: **800-726-0003**  
to speak with the  
Service Navigator Team

### BPA Health

is the EAP provider chosen by your employer. Learn more at [BPAHealth.com](http://BPAHealth.com)



### BetterHelp

is the world's largest online therapy provider. Learn more at [BetterHelp.com](http://BetterHelp.com)

