

Therapy made easy, online.



## Here's How to Get Started

### Visit

[betterhelp.com/unitedhealthcarestudentresources/](https://betterhelp.com/unitedhealthcarestudentresources/)

or scan this QR code.



### Answer a few questions

This will help us match you with the right therapist.

### Activate your account

You'll receive an email with instructions on how to get started.

### Schedule your first session

Most new members can be matched in as little as 24 hours. Schedule a video session, phone call, or chat session with your therapist.

## FIND SUPPORT THAT FITS YOU:



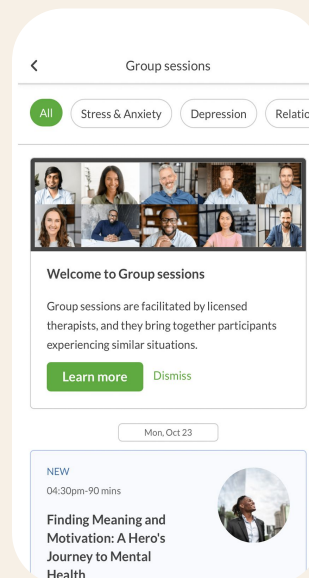
### 6 Sessions of 1:1 Therapy sessions

Speak via video, call, or live chat with your therapist.

*\*If you need more sessions added to your account please request through UHCSR.\**

### Group sessions

More than 500 therapist facilitated conversations available. (5-18 people per session)



### Classes

Listen in and learn on over 65 topics. (50-200 people per class)

### Ready to try therapy?

Get started with the BetterHelp Invite Link in your email.