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*It's only been a few sessions, and my child is already starting to recognize when their anxious thoughts might be 'false alarms.'*

- Brightline parent



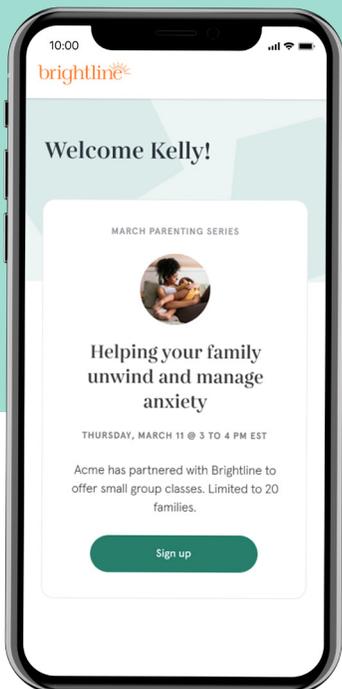
# Get virtual behavioral health support for your family

## Brightline's services — what's covered:

### START HERE

#### Connect+

On-the-go access to personalized content, group classes, interactive exercises, and chat with coaches for tips and guidance



### GET SUPPORT WHEN YOU NEED IT

#### Coaching

Programs to help tackle everyday common challenges with expert behavioral health coaches in as few as four sessions



**Irene Biscante Smith, NBC-HWC**  
Hi Anthony. How are you feeling today?

**Anthony Jones, Brightline member**  
Hi Irene. I'm feeling a bit down today after my math test.

#### Care

Personalized behavior therapy and medication evaluation & support from licensed Brightline clinicians

Brightline is an in-network provider with Evernorth Behavioral Health, available to members based in the US. Standard OOP costs and deductibles apply.



### GET STARTED AT

[hellobrightline.com/benefits](https://www.hellobrightline.com/benefits)

**Questions?** Get in touch with Brightline Member Support  
888-224-7332    [care@hellobrightline.com](mailto:care@hellobrightline.com)

## How to get started?

**1** Easily and quickly sign up at [hellobrightline.com/benefits](https://hellobrightline.com/benefits)

**2** Create an account and access Brightline Connect+

**3** Answer a few questions so we can get you the right care

**4** Schedule your first appointment with no wait list

## Why go with Brightline?

### NO MORE QUESTION MARKS

We get you answers and support at every step, from check-ins with your child's therapist to regular progress updates.

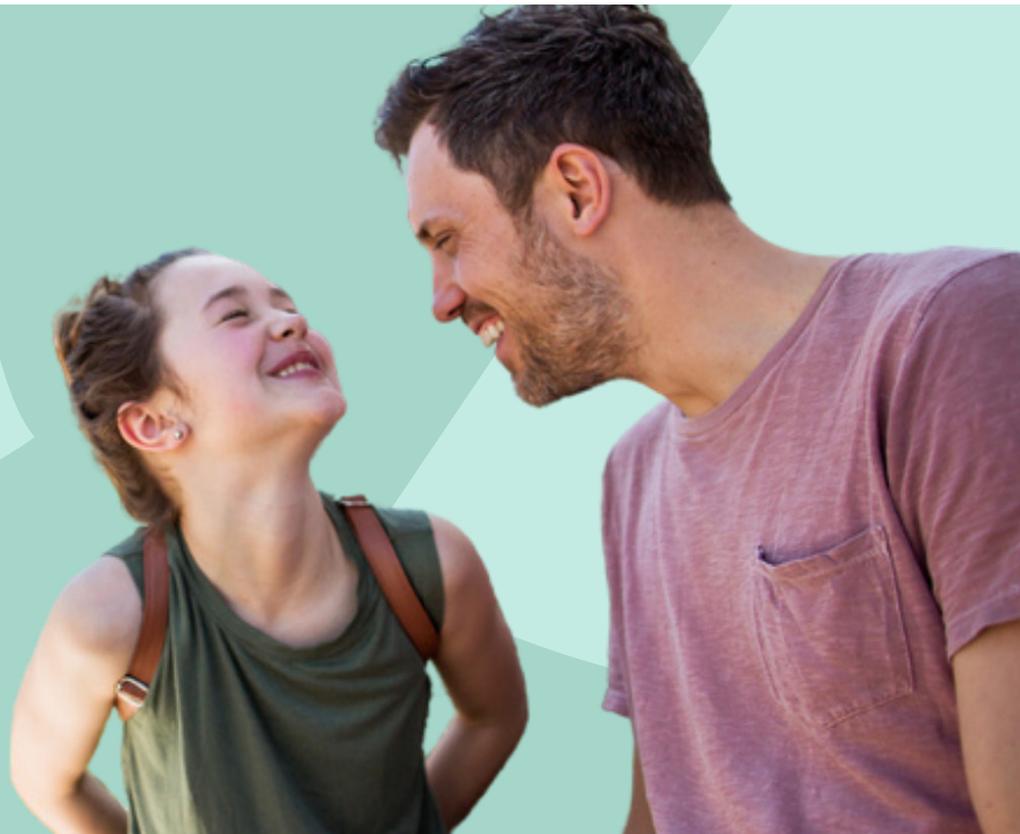
### THE RIGHT CARE AT THE RIGHT TIME

Our expert care teams work with you on personalized care plans that work for your child and for you.

### VIRTUAL CARE FROM ANYWHERE

Access confidential video visits plus on-demand chats, tips & resources, and interactive exercises in Brightline Connect+.

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**brightline**

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