

PLAN MEMBER

update



JULY 2018

FEELING DOWN? OVERWHELMED? STRESSED?

Many of us feel overwhelmed, depressed, or stressed out at times. If you're feeling that way more often than not, it's time to start feeling better. Starting **August 1, 2018**, your benefits plan may provide full or partial reimbursement for a new digital therapy program that will help you learn a proven way to manage your thoughts and feelings – it's called BEACON.

Therapy that works... anytime, anywhere

BEACON is an effective, easy-to-access way to receive personalized care. With no scheduled face-to-face appointments to set up and travel to, your therapy happens via your computer or mobile device where and when it's convenient for you. You'll learn new ways to manage your mood, thoughts, and feelings through a focus on building coping skills. People who invest time in BEACON digital therapy start to feel better in as little as a few weeks.

Your own, personal BEACON therapist

Every BEACON therapist is a regulated mental health professional. You can message your therapist anytime, and they will tailor your therapy by giving you online exercises and activities to fit your needs and progress. And don't worry, your use of BEACON, including interactions with your therapist, is completely confidential.

May be covered under your benefits plan

BEACON provides you with access to your therapist for up to 12 weeks and to helpful online resources for a full year. The program is eligible for reimbursement for you and your dependents (age 16 and over) through your GSC psychology/counselling services benefit – subject to any limitations under your plan design. Check your benefits booklet for your coverage details.

Find out if BEACON is right for you...

Just visit mindbeacon.com and click on "Start My Assessment." You'll be guided through the steps to complete your personal assessment. If BEACON is right for you, you can get started right away.

Want more information?

Additional details about the BEACON program are available [here](#).