



## Support is more convenient than ever.

BetterHelp is the largest online therapy platform worldwide that makes mental health care more convenient, discreet and accessible to a licensed therapist. Professional therapy is available anytime, anywhere, through a computer, tablet or smartphone. You can connect with a licensed therapist through chat messages, phone or video calls.

### Access BetterHelp

1. Login at [eap.lucethealth.com](http://eap.lucethealth.com), select **Request Counseling** then select **Online**.
2. Complete registration and get matched with a therapist.
3. Download the BetterHelp app and start your EAP therapy sessions. These can include individual, couple and teen therapy.
4. Verify the number of sessions covered within your EAP benefit.
5. You will receive an email from BetterHelp outlining your options after you have exhausted the covered benefit sessions.

### Check sessions on your BetterHelp account

- Navigate to the upper right of your homepage and select the down arrow.
- Select **Account Settings**.
- Scroll to **Payment Settings** then view your number of remaining sessions.
- Check with your employer about questions regarding the number of available sessions.



Scan to learn more at  
[eap.lucethealth.com](http://eap.lucethealth.com)

### ◆ Your well-being is our priority.

Lucet EAP provides confidential support, counseling services and resources to help you overcome life challenges and live a happy, balanced life.

Call 800-624-5544 | Visit [eap.lucethealth.com](http://eap.lucethealth.com)

Your company code:

counseling/coaching sessions, per topic, per year.