



From: Leadership or your HR/Benefits Team

To: Your members

Introducing Brightline: behavioral health support for your families

We're so excited to introduce you to Brightline, a new behavioral health benefit for families that you now have as a Aetna subscriber.

Brightline brings you extraordinary behavioral health care for kids and teens, and support for parents and caregivers like you. Even better? It's all delivered virtually, so you can get support when and where you need it. When you join Brightline, you'll have support for all of the everyday challenges so many of us are dealing with, and common conditions that many kids and teens experience. So whether that's school pressure or navigating IEP processes, stress, anxious thoughts, navigating social media or cyberbullying, tough behavior, self-esteem issues, sleep problems — whatever you have going on, Brightline can help.

When you sign up for Brightline, you will immediately have access to care for kids 18 months up to 18 years old — and support for you, too.

- **Premium Connect+ membership:** On-the-go access to personalized resources, interactive exercises, group classes, and on-demand chat with your Brightline Coach
- **Coaching:** Skills-based programs led by expert behavioral health coaches to help kids and teens through everyday challenges in 30-minute sessions and as few as four weeks
- **Care:** Personalized care by video visit with child and adolescent psychologists, psychiatrists, speech therapists, and others to help with common conditions like anxiety, depression, ADHD, disruptive behavior, and more

Get started today

Step 1: Easily and quickly sign up at hellobrightline.com/aetna

Step 2: Create an account and start exploring Brightline Connect

Step 3: Answer a few questions to get the right care

Step 4: Schedule your first appointment

Questions? Reach out to Brightline Member Support at 888-224-7332 or care@hellobrightline.com.

We encourage you to explore Brightline for your family, and are excited for our members to now have this benefit as an important part of supporting your mental health and wellness.