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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



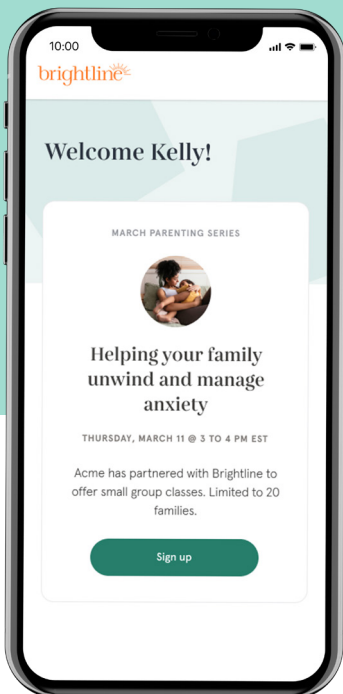
Get virtual behavioral health support for your family

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

How to get started?

1 Easily and quickly sign up at 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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