

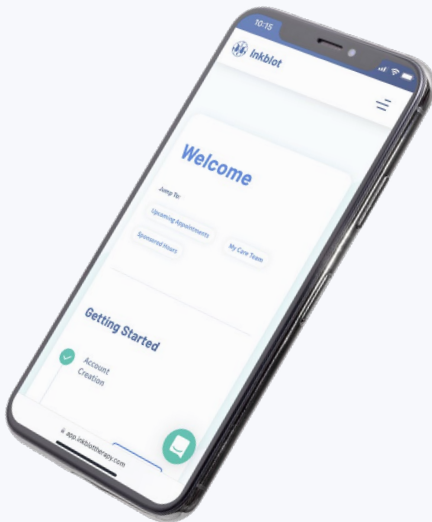
Your journey to better mental health is just a few clicks away.

Get the right care. Without the wait. Anytime anywhere.

Inkblot Access is here to support you and your dependents with comprehensive and personalized mental health support from our diverse network of counsellors.

How to access Counselling Support

This program is completely confidential, voluntary, and accessible whenever you need it. Make your first secure and encrypted online counselling appointment within 24-72 hours.



- 1 Click on **'Get Started'** to register. Dependents can use the URL to register.

- 2 Login, select whether you would like an individual or couples counsellor and click on **Find My Care Provider**.

- 3 Fill out a short assessment and Inkblot will generate a list of counsellors best-suited to your needs and preferences. Choose your counsellor based on clinical fit, cultural background, language, therapy approach and more.

- 4 Choose a counsellor and schedule a free 15-minute consultation to determine whether they are the right fit for you.

- 5 Book your first session by going to **Your Care Provider's calendar** and clicking on the date desired to see what appointment times are available.

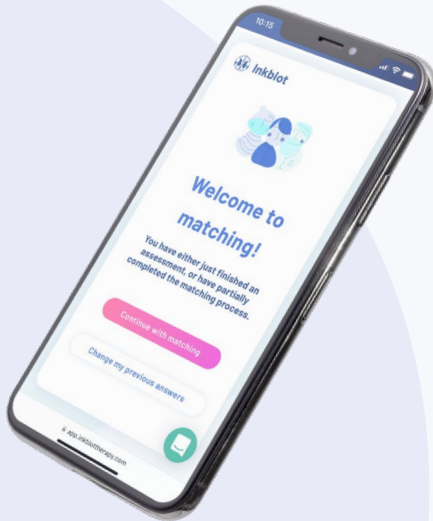


If you need help while on the Inkblot site:

- Use the **online chat** feature
- Email support@inkblottherapy.com



Booking Future Sessions



ARE YOU HAPPY WITH YOUR COUNSELLOR?

Yes

- 1 Go to **Your Care Provider's calendar** and book your next appointment. Your next **X** hours of individual and **X** hours of couples counselling are covered.
- 2 Once you have used your sponsored hours, sessions may be **reimbursable** through your benefits health plan. You will be asked to input your credit card information when booking subsequent sessions and following the session you will be emailed a receipt for reimbursement. Subsequent counselling sessions in Canada are \$90/hour for an individual or couples session.

ARE YOU HAPPY WITH YOUR COUNSELLOR?

No

- 1 Go to **My Care Provider** and click 'unmatch'.
- 2 Reselect from the list of possible counsellor matches, or do the assessment again. You will have another complementary consultation session with your new counsellor. Continue until you find your ideal match.



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