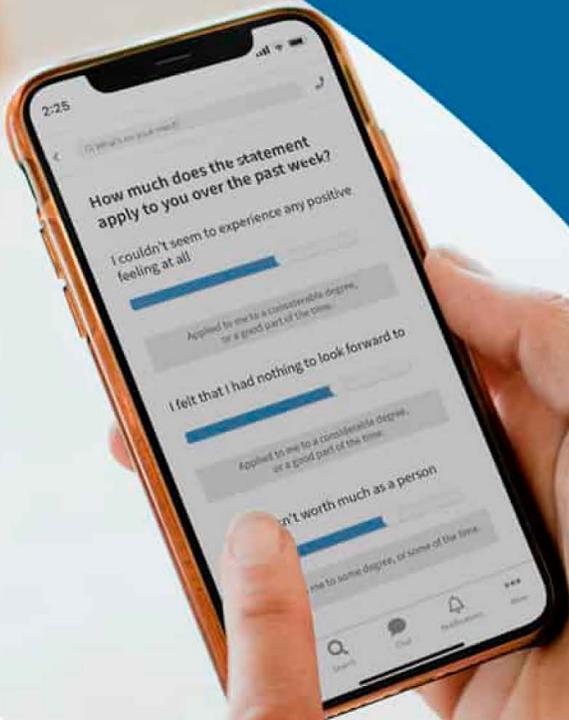


# Navigator

Take the guesswork out of your mental health



You'll start by completing a short survey and telling us a little about yourself – your emotions, your feelings and how they're impacting everyday life. From there, we'll provide a personalized Emotional Fitness Report outlining a variety of care choices you can access to improve your mental wellbeing.

## Easy and fast

Mental Health Navigator is just three simple steps:

1. You'll start by completing a short survey and telling us a little about yourself -- your emotions, your feelings and how they're impacting everyday life.
2. Review your personalized report that measures your overall wellbeing and recommends care options.
3. Click the buttons next to the care recommendations to access support right away to access a licensed clinician, coaching services, self-guided resources and more.

Get started!

Take a survey

View your report

