

# Feeling down? Overwhelmed? Stressed?



## INTRODUCING BEACON

digital therapy that works... anytime, anywhere

Many of us feel overwhelmed, depressed, or stressed out at times. If you're feeling that way more often than not, there are resources available to help you start feeling better.

BEACON is one of them, offering personalized therapy via your computer or mobile device – where and when it's convenient for you.

### Is BEACON right for you?

- Learn new ways to manage your mood, thoughts, and feelings through a focus on building coping skills.
- Work with a regulated mental health professional as your personal BEACON therapist.
- Complete online exercises and activities to fit your specific needs.
- Guaranteed secure and confidential.

### Coverage details...

- BEACON is covered for you and your dependents (age 16 and over) through your GSC psychology/counselling services benefit.
- The program includes:
  - An in-depth personal assessment
  - Unlimited messaging with your BEACON therapist for up to 12 weeks
  - Access to helpful online materials for a full year
- Reimbursement is subject to your plan provisions.
- For an additional cost, BEACON offers an Insights+ option, which is a pre-therapy psychologist review and diagnosis.

Plan members have a choice between two payment plans:

- **My Resolution Plan** – One convenient payment of \$500 for GSC plan members (\$800 with the Insights+ option)
- **My Momentum Plan** – Four convenient payments for a total of \$500 for GSC plan members (five payments for a total of \$800 with the Insights+ option)

### Ready to get started?

Just visit [mindbeacon.com/gsc-pmember](https://mindbeacon.com/gsc-pmember) and click on "Start My Assessment" to get started right away.



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modern mind health

**gsc**  
green shield canada