

	Direct to Consumer	Inkblot Access	Inkblot EAP
Connecting with a counsellor	Online access with support through chat or email	Online access with support through chat or phone, including a 1-800 toll-free number 24/7/365	
Immediate crisis support?	No	Yes (with a Masters-level counsellor)	
Payor	Paid by the plan member	Paid by the plan member	Fully covered by the plan sponsor
Features	Direct to Consumer	Inkblot Access	Inkblot EAP
Video counselling	✓	✓	✓
Ability to connect with a counsellor between sessions	✓	✓	✓
Mental Health training for managers and employees		✓	✓
Custom implementation plan and landing page		✓	✓
Full reporting & account management		✓	✓
Mental health assessment tool		✓	✓
Clinical improvement outcomes		✓	✓
Plan sponsor funding options		✓	✓
Medical collaborative care option			✓
In-person counselling			✓
Legal, financial, career & other advisory services			✓
Peer support option and wellness hub			✓

How it works	Direct to Consumer	Inkblot Access	Inkblot EAP
<p>Model/Approach</p>	<ul style="list-style-type: none"> • Access to the Inkblot platform • Reimbursement is subject to benefit plan limitations, and is also eligible through a health care spending account (HCSA) • All available counsellors shown 	<ul style="list-style-type: none"> • Access to the Inkblot platform • Long-term, treatment-focused • Reimbursement is subject to benefit plan limitations, and is also eligible through a health care spending account (HCSA) • The plan sponsor has the option to fund hours outside of the benefits plan • Available counsellors shown are those that are eligible on the benefits plan 	<ul style="list-style-type: none"> • Access to the Inkblot platform • Long-term, treatment-focused • In-person counselling is available when video counselling is not an option • 5 hours of individual counselling AND 5 hours of couple counselling per plan member/eligible dependent per year • Once hours are exceeded, reimbursement is subject to benefit plan limitations, and is also eligible through a health care spending account (HCSA) • Available counsellors shown are those that are eligible on the benefits plan
<p>Counsellors</p>	<p>Minimum Masters-level, minimum 5 years' experience, multi-disciplinary</p>		