



betterhelp
business

presents:

Therapy as a Benefit

A comprehensive wellbeing program

October 2025

BetterHelp Business Overview

Coverage and Focus Areas

BetterHelp is the world's largest online therapy service



Over
385 million

Messages,
phone calls,
video sessions

Over 5
million

People received
therapy

36,000+

Active, licensed
therapists



Types of offerings



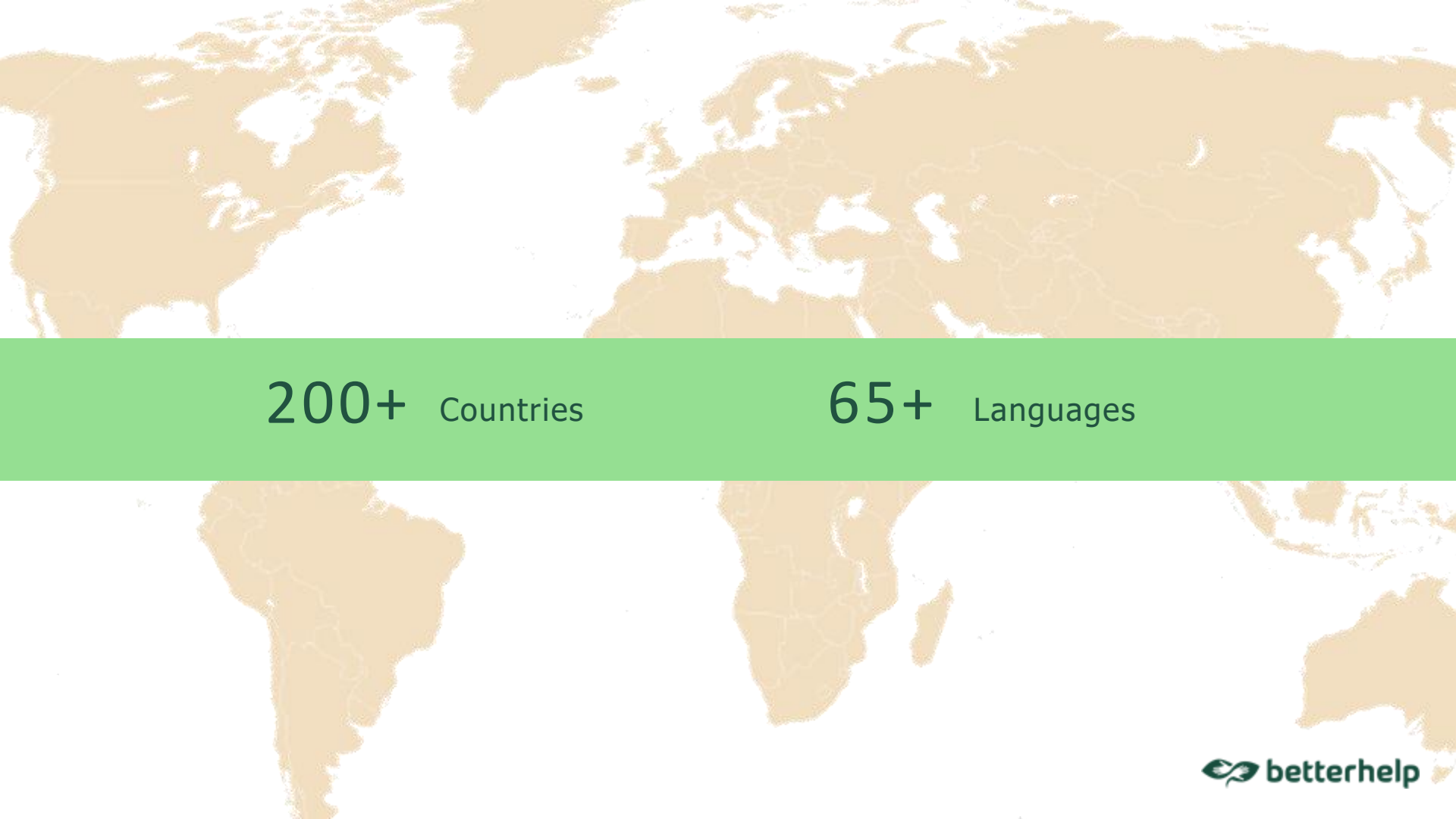
Individual
therapy



Couples
therapy



Teen
therapy
(13+)

A stylized world map in a light beige color, showing the outlines of continents and countries. The map is centered on the Atlantic Ocean and serves as the background for the entire slide.

200+ Countries

65+ Languages

Helping you with any of life's challenges



Productivity



Parenting



Depression

Stress,
Anxiety,
Burnout



Sleeping

BetterHelp therapists specialize in
over 81 different focus areas,
meaning they can help you through any
number of presenting issues:

- Relationships
- Family conflicts
- Self- Esteem
- Anger management
- Career difficulties
- Intimacy
- Trauma and abuse
- Grief
- Eating
- Addictions
- Bipolar disorder
- LGBTQI+
- And more!

BetterHelp Member Experience

Matching, modalities, and product overview

How BetterHelp supports your students

WorkWell

Educational content about mental health

Groups

500+ available.

Therapist facilitated conversations.
(5-18 members)

Therapy Sessions

Message, live chat, call, and video
chat with your therapist.



Worksheets

150+ empowering digital worksheets

Journaling

*Can be shared with therapist
Easy daily practice

Goal Tracking

Set and monitor goals to keep
therapy on track

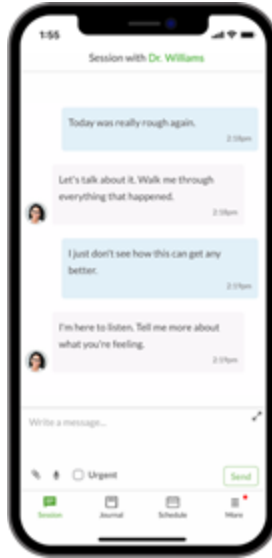
Classes

Rotation of 65+ topics
50-200 members join per class

Custom all-in-one platform



Messaging
(Unscheduled)



Chat
(Live & Scheduled)

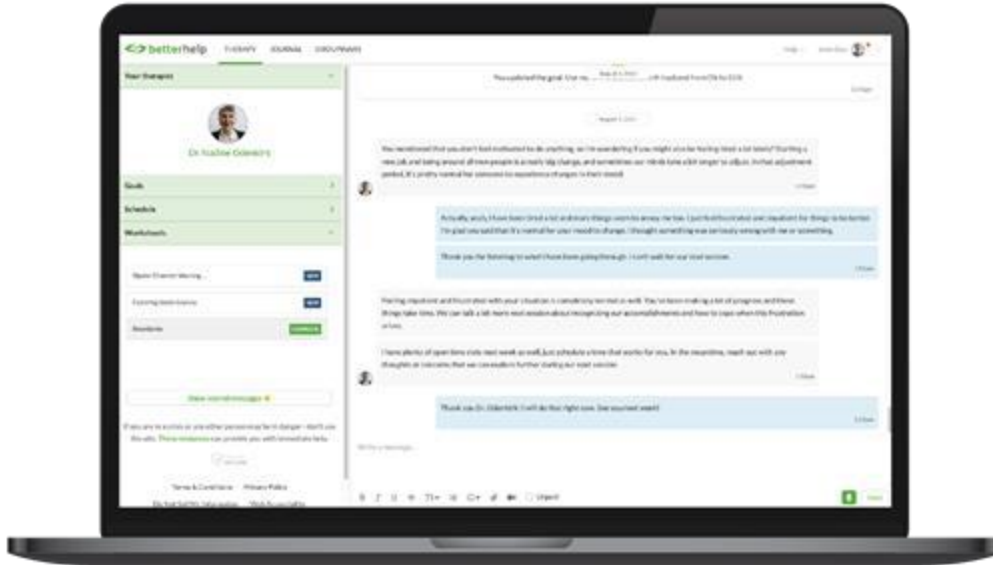


Phone
(Live & Scheduled)



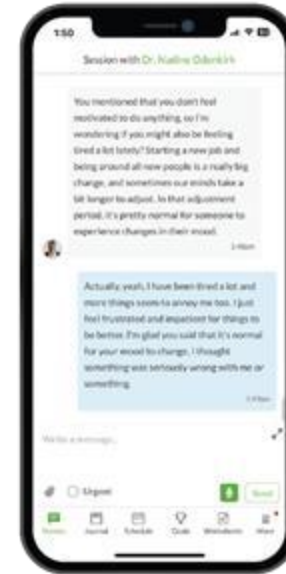
Video
(Live & Scheduled)

Members can reach their therapist on any device



Desktop

(Any computer with internet)



Mobile

(iPhone and android)

150+ empowering digital worksheets

- Cognitive Behavioral Therapy
- Stress Management
- When is Anger a Problem?
- Grounding Techniques
- What is Mindfulness?
- Social Support
- Self-Esteem Journal
- Managing ADHD
- Exposure Hierarchy
- Boundary Exploration
- What is Worry?
- The Cycle of Abuse
- Relationship Conflict Resolution
- Relaxation Techniques

Exploring Social Anxiety

Social anxiety is a disorder characterized by overwhelming anxiety or self-consciousness in ordinary social situations. In milder cases, the symptoms of social anxiety only appear in specific situations, such as public speaking. On the more extreme end, any form of social interaction can act as a trigger.

Because everyone's thoughts, feelings, and reactions to social anxiety are different, it's valuable to spend some time thinking about your unique experience.

Which social situations are you anxious about?

- Giving a speech
- Spending time alone with a friend
- Going on a date
- Attending a crowded event
- Going to the grocery store
- Making eye contact
- Being the center of attention
- Talking on the phone
- Meeting someone new
- Dealing with authority figures

Other:


Bipolar Disorder Warning Signs

To effectively manage bipolar disorder, you will want to learn about your warning signs. These are the little clues that tip you off and tell you that a manic or depressive episode might be starting. If you're able to spot an oncoming episode before it takes over, you can prepare, seek help, and minimize any damage.

Depression Warning Signs	Mania Warning Signs
How do your feelings change?	
<input type="text"/>	<input type="text"/>
How do your thoughts change?	
<input type="text"/>	<input type="text"/>
How do you behave differently?	
<input type="text"/>	<input type="text"/>
Do you notice any other changes?	
<input type="text"/>	<input type="text"/>


...and many more

Goal setting & tracking for results-driven therapy



Dr. Nadine Odenkirk created a new goal:
Practice grounding exercises when
anxious - [View goals](#)

9:57pm



Dr. Nadine Odenkirk created a new goal:
Use more "I" statements with husband -
[View goals](#)

9:58pm

Tap a goal to update your progress

55% Use more "I" statements with husband +

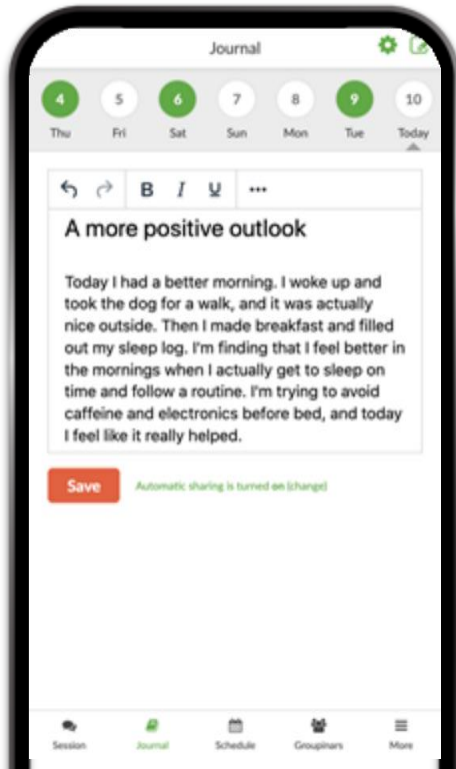
75% Practice grounding exercises when anxious -

UPDATE YOUR PROGRESS



Save

Daily journaling capabilities



*Could be shared with therapist

Classes

Therapist-driven seminars on a mental health topic where members can ask questions via chat



- 65 active classes presented per month
- Typically 50 - 200 members join per class

TRAUMA

Childhood Trauma
Date: Friday, August 6, 2021
Time: 10:00am EDT
Speaker: Andrew Arment, LCSW
[More information](#)

WELLNESS

Adult ADHD: How to Survive and Even Thrive
Date: Wednesday, August 8, 2021
Time: 10:00am EDT
Speaker: Nancy Compton, LCSW
[More information](#)

RELATIONSHIPS

Identifying Unhealthy Behaviors in Relationships
Date: Thursday, August 10, 2021
Time: 10:00am EDT
Speaker: Marisa Stevens, PhD, LMHC
[More information](#)

EMPLOYMENT

Creating a Work/Life Balance
Date: Friday, August 11, 2021
Time: 10:00am EDT
Speaker: Regina Gomez, LMHC
[More information](#)

ANXIETY

Perfectly Imperfect: Embrace and Love All Parts of You
Date: Monday, August 14, 2021
Time: 10:00am EDT
Speaker: Myra Tomberger, S.P.C.
[More information](#)

ANGER MANAGEMENT

Anger Management Part 1
Date: Monday, August 14, 2021
Time: 10:00am EDT
Speaker: Jackson Stewart, LCSW
[More information](#)

Groups

Group sessions provide you with a safe space to share what you're going through and listen to others, to get a broader perspective about your feelings.



- Facilitated by licensed therapists
- 5-18 participants to foster active participation
- Currently over 500 support groups available

BB

These Group Sessions are a great supplement to individual counseling. Whereas individual counseling focuses on the discrete situation and needs of an individual, the Group Session helps one feel that they are not alone. Discussing experiences, successes, and challenges with others that really get it first hand is inspiring...

-Anxiety Support Group Session Participant

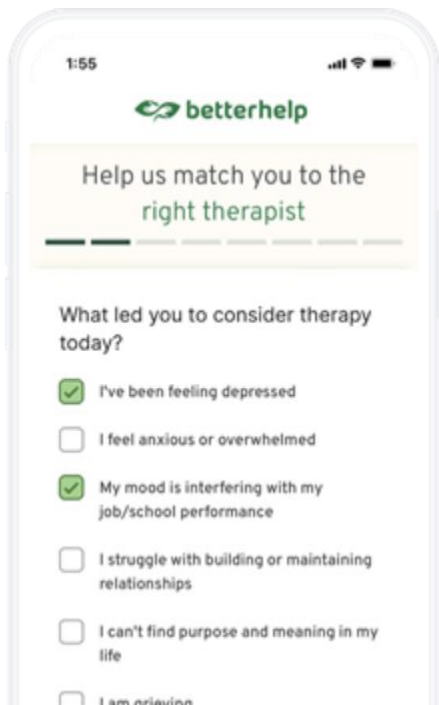


Matching Algorithm

Matching process for members

Our proven matching process

Preferences, Expertise, License



1:55

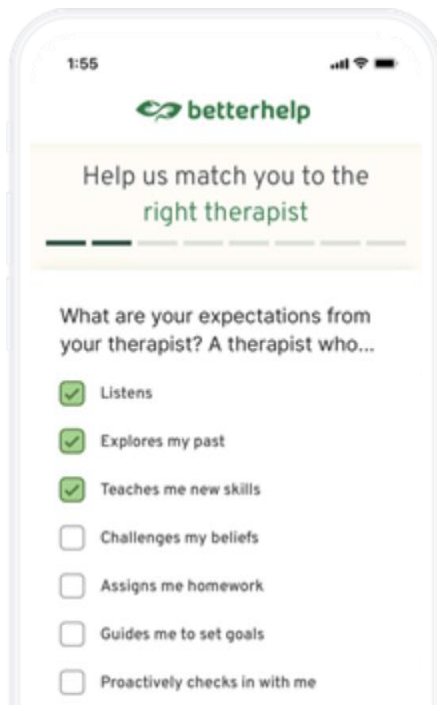
betterhelp

Help us match you to the right therapist

What led you to consider therapy today?

- I've been feeling depressed
- I feel anxious or overwhelmed
- My mood is interfering with my job/school performance
- I struggle with building or maintaining relationships
- I can't find purpose and meaning in my life
- I am grieving

Matching Algorithm



1:55

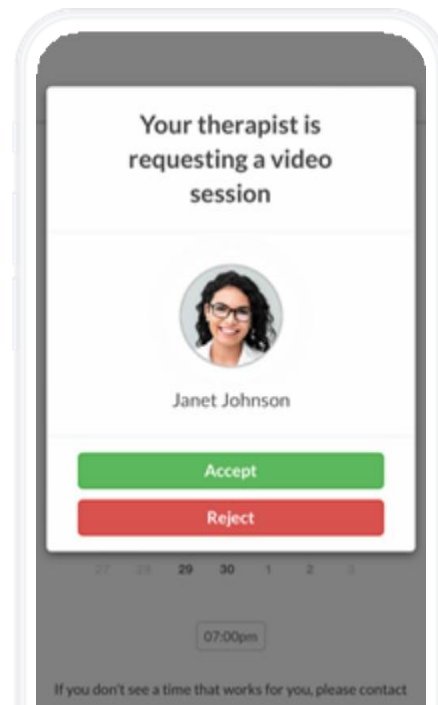
betterhelp

Help us match you to the right therapist


What are your expectations from your therapist? A therapist who...

- Listens
- Explores my past
- Teaches me new skills
- Challenges my beliefs
- Assigns me homework
- Guides me to set goals
- Proactively checks in with me

Qualified therapist



Your therapist is requesting a video session



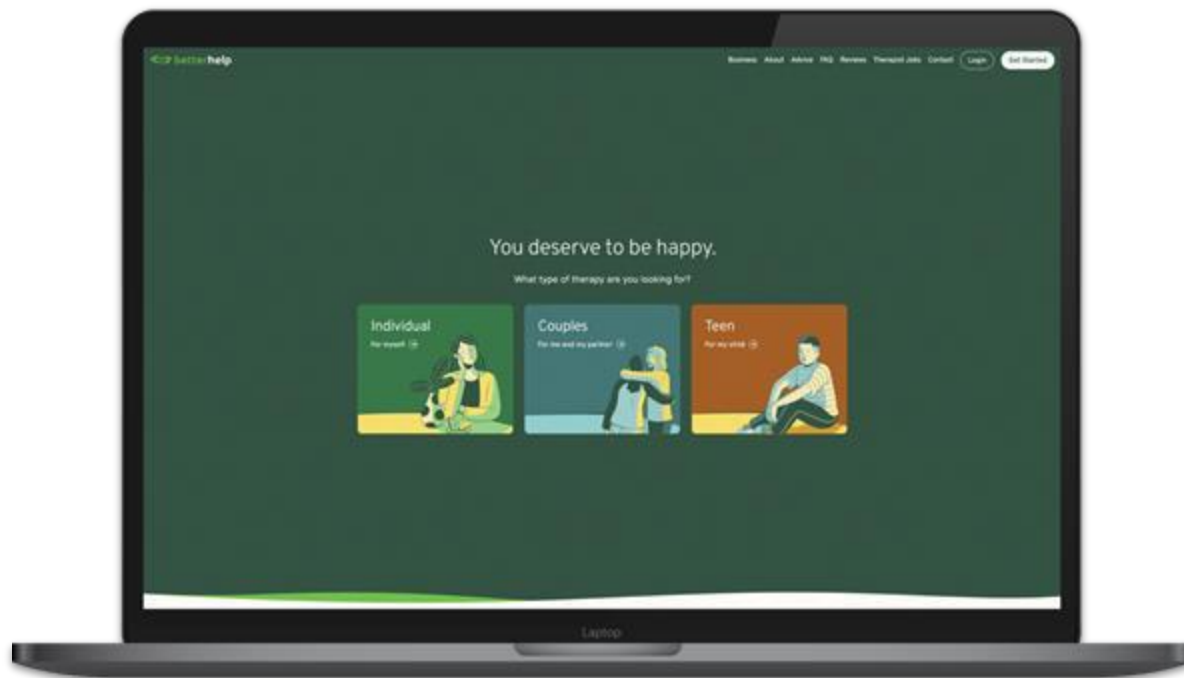
Janet Johnson

07:00pm

If you don't see a time that works for you, please contact

Simple and effective matching questionnaire

Less than five minutes to complete



Simple and effective matching questionnaire

Less than five minutes to complete

How old are you?

Select your age

What led you to consider therapy today?

- I've been feeling depressed
- I feel anxious or overwhelmed
- My mood is interfering with my job/school performance
- I struggle with building or maintaining relationships
- I can't find purpose and meaning in my life
- I am grieving
- I have experienced trauma
- I need to talk through a specific challenge
- I want to gain self confidence

Help us match you to the right therapist

Please fill out this short questionnaire to provide some background information about you and the issues you'd like to deal with in therapy. It would help us match you with the most suitable therapist for you. Your answers will also give this therapist a good starting point in getting to know you.

Are there any specific preferences for your therapist?

- Male therapist
- Female therapist
- Christian-based therapy
- Therapist from the LGBTQ+ community
- Older therapist (45+)
- Non-religious therapist
- Therapist of color

Next

Demographic

Preferences

Skills & expertise

Our proven matching process



Preferences



Expertise



Results



Licensure



Matching
Algorithm



Qualified
therapist

Switch therapists anytime with one click



Switch button



Matching Algorithm



New Qualified therapist

Members easily self-schedule their live sessions

1. Choose the right time for you

Schedule a session with your therapist

August -

SUN	MON	TUE	WED	THU	FRI	SAT
30	31	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	1	2

10:00am

11:00am

01:00pm

02:00pm

2. Choose how you'd like to communicate

Please select the type of live session.

Chat

Phone

Video

3. Click "Book"

Book

Results in higher engagement levels

(more members scheduling more sessions)

Get support in as little as 24 hours.



1
Onboarding



2
Matching



3
Communicating

Provider Network

Diverse and qualified provider network

35,000+ vetted, qualified & licensed providers

Psychologists
(PsyD)

Licensed Professional
Counselors
(LPC)

Clinical Social Workers
(LCSW)

Licensed Marriage and
Family Therapists
(LMFT)



Licensed



Masters/Ph
D



Years of
experience

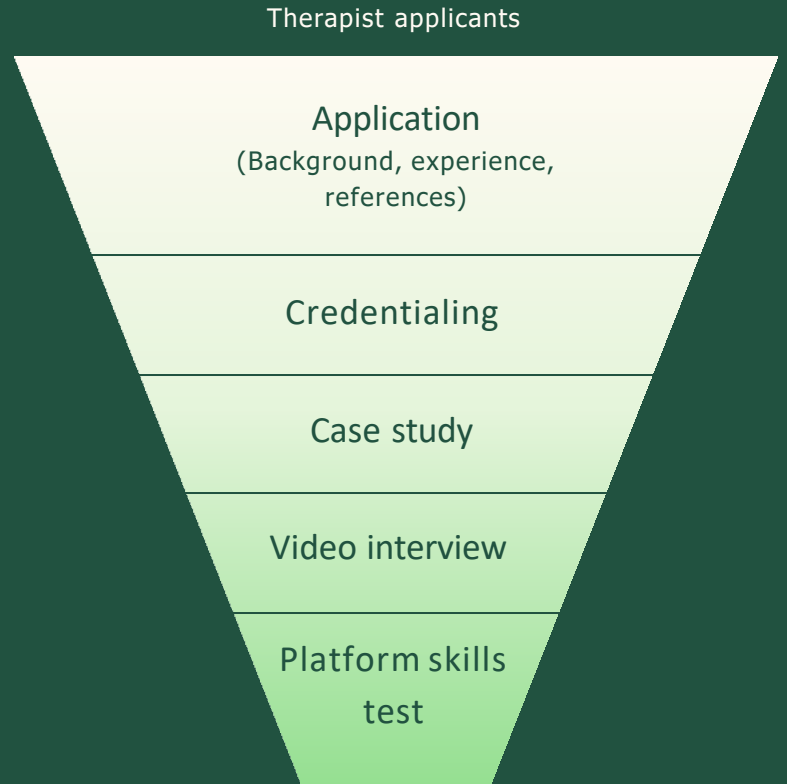


Post
supervision



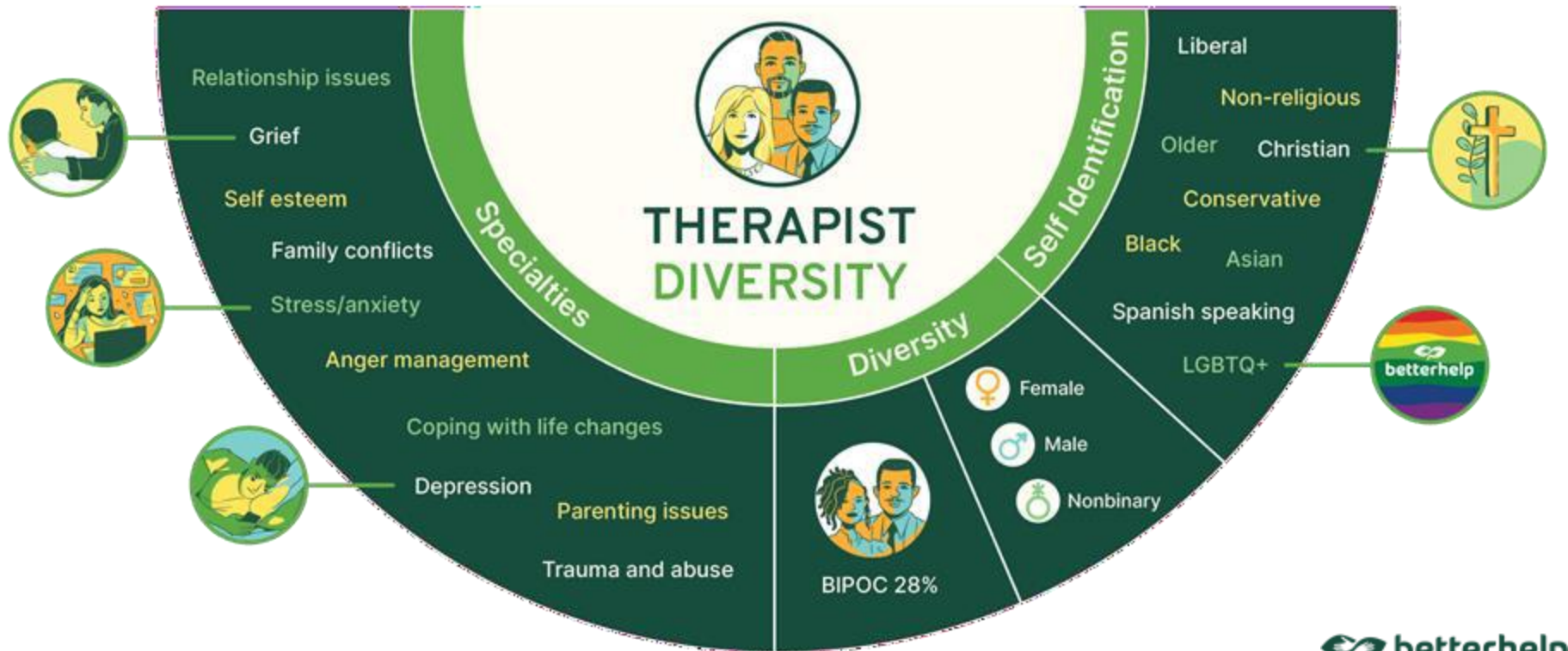
Good standing

25%
of applicants are
accepted to the
platform



Accepted to the BetterHelp platform

34,000+ rigorously vetted and qualified providers



FREQUENTLY ASKED QUESTIONS

- **What is BetterHelp?** A new added program for virtual Behavioral Healthcare that can be accessed while studying abroad AND in the United States.
- **Does BetterHelp provide telemedicine services?** No, it is access to mental health resources.
- **Do we still have HealthiestYou and Teledoc?** Yes, however you can only use HealthiestYou within the US. If you have a current therapist in the US and then study abroad, you cannot continue treatment with that therapist until you return to the US.
- **How long do I have access to BetterHelp?** This resource will align with the same start and end dates of your UnitedHealthcare international student medical insurance.
- **Who is this available to?** SUNY Study Abroad Students only.
- **When can I start using BetterHelp?** The target roll-out date is December 1, 2025.

FREQUENTLY ASKED QUESTIONS (Continued)

- **Do we need to do anything to enroll in BetterHelp?** No, you are automatically eligible for BetterHelp benefits through your United Healthcare Student Resources student health enrollment.
- **How will I know when this is ready for me to login in to?** You will receive a welcome email from BetterHelp prior to your trip departure.
- **What do I need to login?** Just your SUNY school email.
- **What other resources do I have besides BetterHelp while abroad?** You can use the resources available through UHC Global to locate an in-person provider anywhere in the world. Have your insurance ID card available and contact UHC Global for assistance by calling 1-410-453-6330 or 1-800-527-0218, or by emailing assistance@uhcglobal.com

If you're unsure what to do or need immediate support, you can also contact the Optum 24-Hour Crisis Line at 1-866-671-9302.