

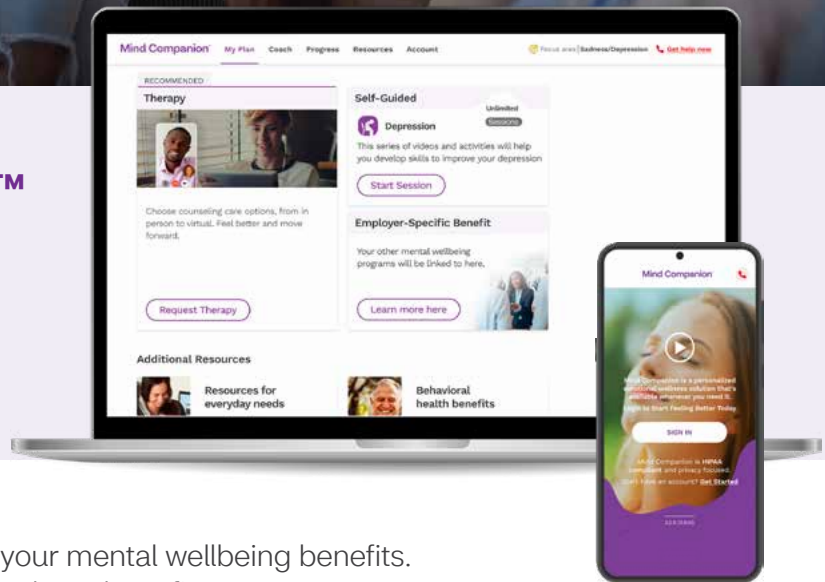


# Need support finding mental health care? We can help you find the care you need.

## Introducing Mind Companion™

A personalized navigation tool  
for your mental wellbeing

Coming January 1, 2024



### Access to mental health care — simplified

Mind Companion provides a single place to access your mental wellbeing benefits. After completing a digital assessment, you can enjoy these benefits:

- ✓ **Digital screener**  
Do a quick mental health check-in to help personalize recommendations.
- ✓ **Personal navigator**  
Click **Get help now** for a direct link to a care navigator by phone.
- ✓ **Self-guided programs**  
Get support at your own pace.
- ✓ **Care plan options**  
Get actions tailored to your needs.



#### LEARN MORE

Scan the QR code or visit [MindCompanion.com](https://MindCompanion.com). To register, use access code: **MIND**. Then select your employer. Aetna® members can use the username and password they set up to access their member website at [Aetna.com](https://Aetna.com). You don't need to re-register.

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