

Managing your mental health is just as important as maintaining your physical well-being, but it can be a lot more challenging. You might feel uncomfortable bringing up the subject, unsure where to even begin, or maybe you just don't have the time to take care of yourself.

And if you have adolescent children who are facing their own mental health struggles, you probably already know just how difficult it can be to find the right kind of support, when they need it.



**1 in 5 adults**  
experience a diagnosable  
**mental illness in a**  
**given year**<sup>1</sup>



**You're not alone.**



## This is Where Balance™ Comes In.

Developed in collaboration with clinical experts at Johns Hopkins, it's a personalized behavioral health program supported by licensed behavioral health specialists. We take the guesswork out of mental health care to help you understand how you're feeling and easily connect you to the specific type of support that works best for you.

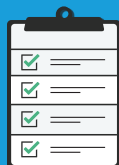
## Get Help in Just a Few Steps

Using Balance is easy: all you have to do is take a short, confidential survey about your personal history and what you're going through right now. You'll get to see your results immediately on your private dashboard. Based on your results, we'll connect you to one of our Care Concierges, who can provide immediate support and connect you to an in-network specialist if you need one. Or, if it's your adolescent child who needs help, our Care Concierges can work with both of you to get them the support they need, quickly and conveniently.

**Balance**  
Survey

STEP  
**1**

Complete  
survey



STEP  
**2**

Get  
results



STEP  
**3**

Check in with  
Care Concierge



STEP  
**4**

Track  
progress



## Choose What Works for You

Once you complete the initial survey, you'll be given a variety of next steps to choose from, and the freedom to decide how you want to manage your well-being. Whether it's access to educational videos, starting a virtual mental health chat, having a conversation with a Balance program-trained Care Concierge or getting connected to an in-network doctor or other specialist, we've got you covered so you can get the support you need on your own terms and in your own time.



### Care Concierge

- Behavioral health care practitioners
- Phone call or video chat
- Connect you to specialists as needed
- Ongoing support, techniques and strategies



### Bea, Your Digital Assistant

- Mental health digital assistant
- Available 24/7
- Built by psychologists and based on Cognitive Behavioral Therapy techniques



We know when it comes to mental health, **taking the first step can be the hardest**. That's why we strive to make finding the help you need easier than ever. Whatever you've been going through recently, **we're here to help**.

Take the **Balance survey** and find out what you can do to start feeling better now. It's convenient. It's confidential. And it's **available at no cost to you**.



## How can Balance help you?

Get started by visiting: [www.jhcarepathways.com/jhhc](http://www.jhcarepathways.com/jhhc).