



Your time. Your place. Your space for healing.

Access virtual mental health therapy through your MetLife Long Term Disability plan at **no additional cost**.

As part of your MetLife Long Term Disability plan, you have access to TELUS Health CBT, a **therapist-guided virtual therapy program** that you can access on any computer, smartphone or tablet—whenever you need it. This service is provided at **no additional cost to you**.

Your journey toward healing can happen:

- From your comfort zone
- At your convenience
- At your own pace

You asked. We answered.

Learn more about this service with some FAQs.

What is TELUS Health CBT??

- A. TELUS Health CBT is an online, therapist-guided, internet-based cognitive behavioral therapy (CBT) solution** that focuses on developing skills and strategies to change negative thought patterns, emotional responses and behaviors.

How much does it cost?

- A. Access to this service is provided at no additional cost to you** as part of your MetLife Long Term Disability Insurance plan.

How does it work?

- A. You'll start by assessing your personal needs through an online questionnaire and either an online video consultation or phone consultation with a licensed professional therapist.** From there, you'll work through structured modules at your own pace. Your therapist will track and monitor your progress. You'll have scheduled check-ins along the way.

Is CBT effective?

- A. CBT is proven to be an effective and efficient method of therapy for anxiety, depression, pain management and many other mental health conditions.¹** TELUS Health CBT online therapy can be as effective as traditional, in-person CBT.

Are TELUS Health CBT therapists qualified?

- A. All TELUS Health CBT therapists are licensed health professionals who:**
- Have completed an intensive screening program.
 - Are well-versed, experienced CBT practitioners.
 - Receive specialized inclusion and diversity training focused on mental health services.

Is it confidential?

- A. Your personal information will never be shared.**

What languages are available?

- A. Services and most modules² are available in English and Spanish.**

Who is eligible to use the service?

- A. The insured and household members age 18 years and older may use the TELUS Health CBT service.**

Learn more at
metlife.cbt.telushealth.com.



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1. National Health Service. "Overview - Cognitive behavioural therapy (CBT)." <https://www.nhs.uk/mental-health/talking-therapies-medicine-treatments/talking-therapies-and-counselling/cognitive-behavioural-therapy-cbt/overview/>. November 2022.
2. All modules except Goal Management Training™ (GMT) and Burnout for Health Care Workers are available in Spanish.

Like most group disability insurance policies, MetLife's policies contain certain exclusions, waiting periods, reductions, limitations and terms for keeping them in force. Ask your representative about costs and complete details.

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