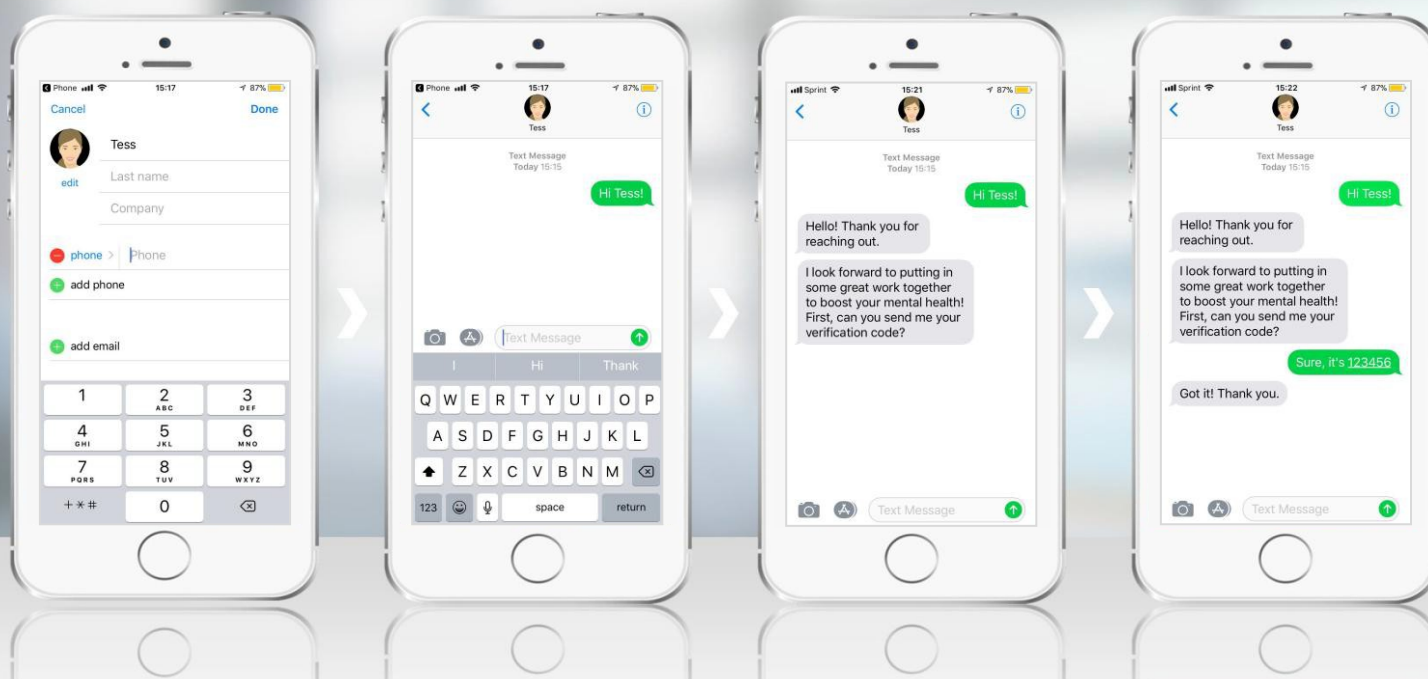


## 24/7 Wellbeing Support with Tess



## Introducing Tess – Your Wellness Chatbot

American Behavioral is excited to announce an innovative addition to your current Employee Assistance Program (EAP) benefits. Say Hello to Tess, your wellness chatbot!



**Who is Tess?** A mental health chatbot (artificial intelligence) that provides emotional support and check-ins to boost your wellness. Tess is available 24/7 to talk at your convenience whenever and wherever you need.

Wellbeing support when and where you need it.

- Chat with Tess for unbiased emotional support the moment you need it most.
- Build resilience and self-awareness by practicing coping skills at your convenience.

Emotional support that is tailored to your needs.

- Tess uses reminders and check-ins to reinforce use of skills learned in previous conversations.
- The more you chat with Tess, the more she will get to know your needs and preferences in order to deliver personalized support.
- Tess provides resources relevant to your needs.

Confidential and secure

- Tess meets HIPAA requirements to protect your privacy.

To connect with Tess, text “Hi” to (650) 825-9634

