

Your time. Your place. Your space for healing.

Mental and emotional health issues can impact your job, your relationships and your life, and finding help for them can feel overwhelming. MetLife is collaborating with TELUS Health CBT to provide **virtual cognitive behavioral therapy (CBT)** through your Long Term Disability plan at **no additional cost to you**. It's simple to get the help you need, when and where you need it.

Your virtual therapy journey toward healing can happen:

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

Here's how it works:

1. Register

Visit metlife.cbt.telushealth.com to create your account.

2. Complete a quick assessment.

Take 5-7 minutes to answer some questions about how you're feeling and what's on your mind.

3. Begin your journey.

Download the app or get started right from the website.

4. Schedule your first therapist meeting.

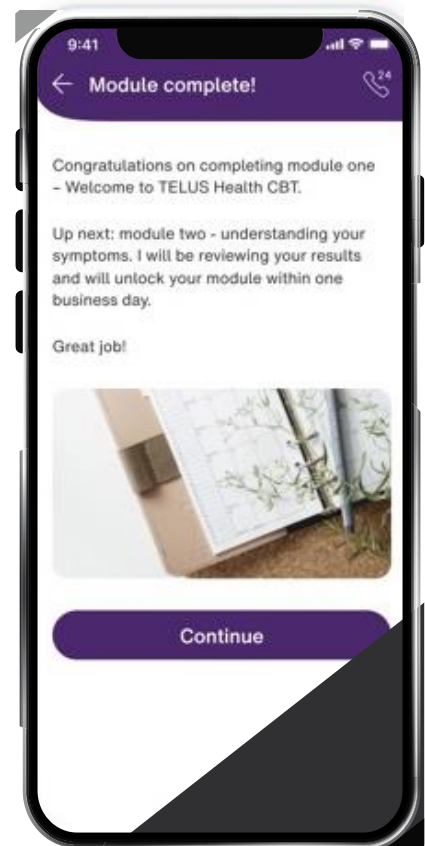
You can connect with your therapist through the app or through a phone or video call – whatever works best for you.

5. Progress at your pace.

Participate in activities, watch videos and complete assignments at your convenience.

6. Check in with your therapist.

Your progress is at your pace, but you're never alone. Your therapist will help guide you on your path and provide support through your journey.



Learn more at metlife.cbt.telushealth.com.



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

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MetLife Group Disability Income Insurance is issued by Metropolitan Life Insurance Company, 200 Park Avenue, New York, NY 10166, under Policy Form GPNP23-2T DI.

Navigating life together

Metropolitan Life Insurance Company | 200 Park Avenue | New York, NY 10166
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