

***FeelingBetterNow<sup>®</sup>***  
***is available to you and  
your family members  
and includes:***

- A user-friendly mental health risk assessment.
- A personalized action plan for you and your health-care provider based on medical guidelines.
- Immediate access to curated mental health support resources for you and your family.

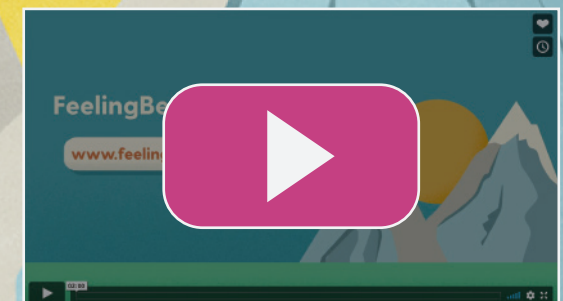


***feelingbetternow.com/otip***  
Create your anonymous  
account today!

**FeelingBetterNow<sup>®</sup>**  
is a completely new  
approach to emotional  
and mental health  
management.

Take charge of your  
mental health!

Take the time to start  
**FeelingBetterNow<sup>®</sup>!**





Visit our website:  
[feelingbetternow.com/otip](http://feelingbetternow.com/otip)

3.

Take the assessment.  
It only takes 4 to 12 min.



Take your results  
to your health-care  
provider.

2.

Create your account.  
It's anonymous and  
confidential.



Print your results.

6.

While you wait,  
visit your toolbox for  
helpful resources.