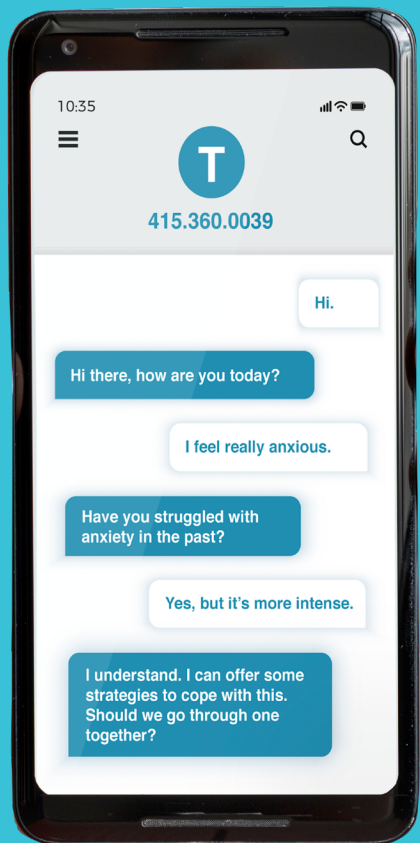


1 in 5 Adults Face a Mental Health Challenge



Getting help is now easier than ever thanks to TESS!

TESS is an artificial intelligence (AI) based tool that can serve as your first line of defense in protecting your emotional wellbeing and enhancing positive mental health.

Enjoy the convenience of communicating with TESS via your mobile device whenever you need accurate information and evidence-based strategies to assist with:

- Personal struggles
- Stress
- In-the-moment anxiety
- Anger
- Sleeping difficulties

Start chatting with TESS by texting “hi” to
415.360.0039.

Text messaging rates may apply. TESS is free and available 24-7 within the United States for you, and for members of your family over the age of 13.