

Life Assistance Program.

Virtual counseling support.



Get personal and confidential video-based counseling sessions with the New York Life Group Benefit Solutions (NYL GBS) Life Assistance Program (LAP).

Dealing with personal problems or substance abuse issues can be a challenge. But with NYL GBS LAP, you don't have to go it alone. And you don't have to go far for the care you need.

NYL GBS LAP will find you a network provider who'll offer virtual counseling sessions, so you can get help when and where it works best for you. Get quality care with video-based services,* in a way that may be more convenient than visiting an office.

Q: What kind of device can I use?

A: Use your smartphone, tablet or computer for online video conferencing.

Q: Will the provider need to see me in person first?

A: You can schedule video-based appointments based on your provider's availability. Depending on your reason for treatment, your provider might require that you be seen first.

Q: How much will it cost?

A: NYL GBS LAP services are included with certain polices.**



The benefits of receiving care through video-based services.

- Convenience
- Choice
- Privacy
- May reduce or eliminate costs for things like childcare or travel associated with face-to-face visits

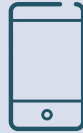


Connect with care today.
For assistance,
call **(800) 538-3543**.

Make an appointment. It's as easy as 1, 2, 3:



1. Call the NYL GBS Life Assistance Program at **(800) 538-3543** to find a network provider who offers virtual counseling sessions.



2. Call to make an appointment with your selected provider, just like you would for a face-to-face visit.



3. The provider will give you information on how to set up the video-based session according to the technology they are using.

Get the help you need to stay happier and healthier. Access your confidential counseling sessions from home, at work, on the go or in-person if you prefer.

Get more information today!

Call **(800) 538-3543** anyday, anytime.

* Video chat may not be available with all network providers or in all areas. Providers are independent practitioners solely responsible for the treatment provided to their patients; providers are not agents of New York Life Group Benefit Solutions.

** Programs may vary, so review your program materials for details on the number of visits allowed under your employer's specific life assistance program. Full program terms, conditions and exclusions are contained in the applicable client program description, and are subject to change. Program availability may vary by plan type and location, and are not available where prohibited by law. This program is not available under policies insured by New York Life Group Insurance Company of NY.

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New York Life Insurance Company

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