

Resources to make life a little easier.

The day-to-day pressures of work, family or everything else on your to-do list can sometimes feel overwhelming. AkzoNobel offers convenient, confidential* support for those moments — and for ongoing mental health concerns.

It's healthy to ask for help.

Employee Assistance Program (EAP) ComPsych® GuidanceResources®	Self Care by AbleTo® App	UnitedHealthcare Behavioral Health Benefits**	Bend Health Support for kids, teens and families	Substance Use Helpline
<p>When life gets challenging, you have caring, confidential support and resources to help you and your family with a range of issues, including:</p> <ul style="list-style-type: none">• Anxiety, depression and stress• Child care or elder care• Grief and loss• Legal and financial concerns• Relationship challenges• Work/life balance <p>Receive up to 8 counseling sessions per concern, per year at no cost.</p> <p><i>Available to employees and household members.</i></p> <p>Call 866-511-3390 or visit guidanceresources.com, and enter code akzonobel.</p> <p>No cost</p>	<p>On-demand help for reducing worry, stress and improving mood.</p> <ul style="list-style-type: none">• Tap in to tools created by clinicians that are suggested for you based on your responses to a short, optional assessment• Receive personalized content designed to boost your mood• Access self-care techniques, coping tools, meditations and more <p><i>Available to employees and dependents age 13+ enrolled in an AkzoNobel health plan.</i></p> <p>Visit ableto.com/begin and have your health plan ID handy.</p> <p>No cost</p>	<p>The AkzoNobel health plans cover the full range of behavioral health services, from outpatient counseling and psychiatry to in-patient treatment for substance use and other conditions.</p> <p>UnitedHealthcare has a large network of quality mental health professionals and facilities. They negotiate rates so you may save money.</p> <p><i>Available to employees and dependents enrolled in an AkzoNobel health plan.</i></p> <p>Sign in at myuhc.com to find a provider to connect with in-person or virtually. Or call 800-255-4948.</p> <p>What you can expect for costs:</p> <ul style="list-style-type: none">• PPO Plan: \$25 copay when outpatient services are received in-network.• HRA or HSA Plan: Meet the deductible and then co-insurance.	<p>As part of the UnitedHealthcare behavioral health network, Bend Health provides virtual mental health support to families with children and teens ages 1 to 17.</p> <p>Bend offers coaching, live video sessions, chat and more. Therapy and psychiatry services are also available, including a dedicated care team and appointments available in days — with no wait lists.</p> <p><i>Available to employees and dependents enrolled in an AkzoNobel health plan and with children ages 1 to 17.</i></p> <p>Get started at bendhealth.com.</p> <p>What you can expect for costs:</p> <ul style="list-style-type: none">• PPO Plan: \$25 copay when outpatient services are received in-network.• HRA or HSA Plan: Meet the deductible and then co-insurance.	<p>Call anytime to speak with a substance use recovery advocate who will listen, provide support and develop a personalized recovery plan.</p> <ul style="list-style-type: none">• This service is completely confidential• Callers may remain anonymous• Available 24 hours a day, 7 days a week <p><i>Available to employees and household members.</i></p> <p>Call 855-780-5955 for access to an advocate.</p> <p>No cost</p>

*Confidential in accordance with the law. **Available to AkzoNobel employees and dependents enrolled in a UnitedHealthcare health plan.

These services and programs are for informational purposes only and should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room. This content is for informational and/or educational purposes only. It is not meant to be used in place of professional clinical consultations for individual health needs. Certain treatments may not be covered in some benefit plans.

Administrative services for behavioral health resources, except EAP, provided by United HealthCare Services, Inc. or their affiliates.

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