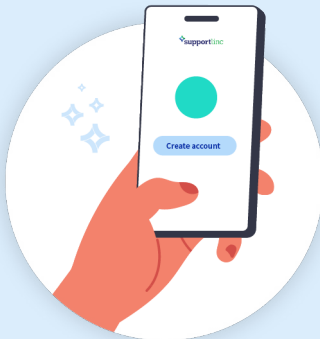


A new personalized experience

Starting October 1, your KGA program will become SupportLinc. This transition brings you continued access to confidential care and everyday resources, now with easier access, digital tools, and flexible support at no cost to eligible members. Connect with a counselor, use self-guided programs, and explore resources tailored to your goals and needs.

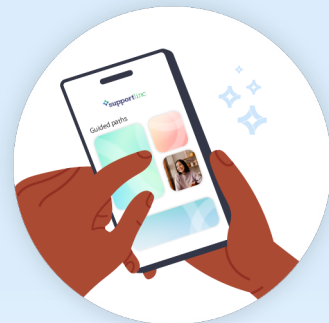


1. Access your web platform or mobile app.

Visit **mysupportlinc.com** or use the mobile app and log in to your account. First time here? Click on Create Account, enter your group code, and set your preferences to build your personalized dashboard. (You will only need your group code this one time.)

2. Explore tools and care options.

From your dashboard, access resources matched to your interests. Text with a licensed clinician, book a counseling or coaching session, join a virtual group, start a self-guided program, and use the enhanced search feature to find other helpful resources.



3. Take the next step in your wellbeing journey.

Complete quick check-ins, track your mood, engage with interactive exercises, and try mindfulness practices.

Support is always just a few clicks away.

For more details, check the FAQ section. ►

Log in today to take the next step in your wellbeing journey

888-986-5464

mysupportlinc.com

group code: bilhmd





Frequently asked questions

1. Why did my program change to SupportLinc?

KGA joined CuraLinc Healthcare, and your employee assistance program is now called SupportLinc. Your access to confidential care and everyday life resources continues without interruption, and you'll also have access to additional digital tools and more ways to connect with support.

2. Is my information confidential?

Yes. No one will know you've used the program without your written permission, except as required by law. Your information is protected in accordance with federal regulations and CuraLinc's privacy policy.

3. What happens if I'm currently working with a KGA counselor?

If you are actively seeing a counselor through KGA, you can continue that care through the end of your sessions. Any new services after October 1 will begin through SupportLinc.

4. Will my account history carry over?

Your records are securely maintained by CuraLinc Healthcare. For questions about your account history with KGA, contact us at contact@curalinc.com.

5. If I had a KGA website or app account, do I need to create a new one?

Yes. KGA and SupportLinc are separate platforms, so you'll need to create a new account. Visit the website or download the mobile app, click Create Account, enter your group code, and set your preferences. You'll only need your group code this one time.

6. How do I create an account?

Visit the website or download the mobile app. Click Create Account, enter your group code, and set your preferences. You'll only need your group code this one time.

7. What's new about the sign-in process?

When you log in for the first time, you'll see a welcome message that allows you to select the topics and goals that matter most. Your dashboard will reflect your choices, and you can update your preferences at any time in your account settings.

8. How do I manage notifications and reminders?

You can adjust them at any time in your account settings, selecting the ones you receive and how often.

9. I'm having trouble getting started with the website. Who can help?

Email contact@curalinc.com and our support team will be in touch to help.

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