



Mindstream™

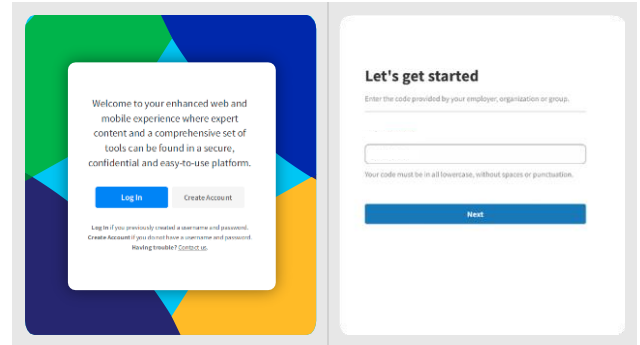
A fitness studio for your mind

This engaging and easy-to-use platform provides live and on-demand sessions to help you strengthen your life skills and emotional health.

To get started, follow the simple steps below.

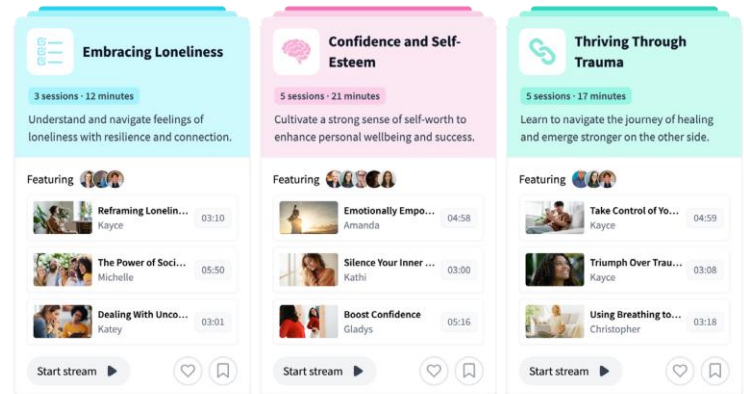
1 Visit your web or mobile platform

Visit supportlinc.com or use the mobile app. Click on Create Account, enter your group code and then create a personal profile. Existing users: Simply log into your account.



2 Access the Mindstream™ tile on the home page

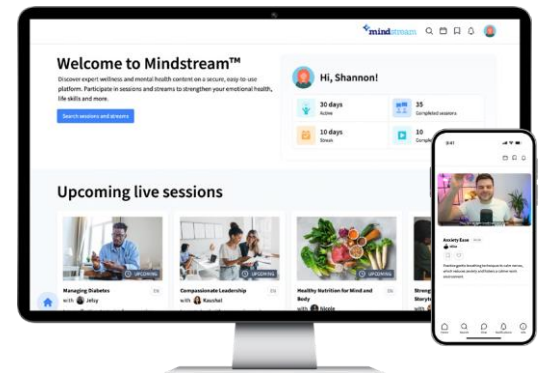
Personalize your experience and find recommended live and on-demand sessions based on your preferred focus areas, or schedule a mindfulness or meditation break with ease.



3 Begin your journey today

Engage with a session anytime and anywhere. Return daily to track your progress, explore newly released sessions or revisit your favorites.

Want to learn more? Please see pages 2 and 3 for answers to frequently asked questions.



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Mindstream™

Frequently asked questions

1. What is Mindstream™?

Mindstream™ is a fitness studio for your mind that strengthens your emotional health and develops life skills. Just like daily workouts benefit your physical health, exercising your mind is essential for overall wellbeing. This platform offers a wide range of sessions and streams to prepare you for any challenges life may present. Gain knowledge, improve resilience, boost productivity and more. With something for everyone, Mindstream™ is the perfect place to start your journey towards a healthier mind.

2. How do I start?

Select three to five focus areas and instantly receive a list of recommended sessions and streams. You may also browse by focus area, instructor, language, session length or media type.

3. Is it free?

Mindstream™ is free to use whenever you'd like, as are the other resources and care options available to you within the program.

4. What is the difference between a session and a stream?

A session is a video or audio track addressing a specific subject. A stream is a collection of sessions on the same subject that allows you to engage more deeply with a topic.

5. What media types are available?

Sessions are available in audio and video format and are delivered by a diverse group of expert instructors.

6. How long are the sessions?

Sessions range from 3 to 20 minutes to fit into your daily life.

7. What focus areas are available?

From mental health to personal development, work-life balance and leadership skills, Mindstream™ addresses a multitude of topics designed to strengthen emotional wellbeing, including relationships, career development, DEI, sleep, mindfulness, parenting, grief and loss.

8. Can I change my focus areas?

Just like you might alternate between cardio and strength training to improve your physical health, switching things up can also improve your emotional health. When you are ready to change your focus, your preferences can be accessed by clicking on your avatar in the upper right corner.



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Mindstream™

Frequently asked questions

9. Can I save a session or stream to watch later?

Yes. Click the bookmark icon on the lower right of the session or stream to add it to your personal library. Visit your profile to find your bookmarked sessions and streams at a day and time that works best for you.

10. What do I do if I begin a session but can't finish it in one sitting?

You can pause a session at any time. If you want to leave and return later, click the bookmark icon to save it to your library.

11. Is there a limit on how often I can engage with a session?

There is no limit. You can participate in as many sessions or streams as you'd like, as many times as you'd like.

12. How often are new sessions added?

Mindstream™ hosts new sessions regularly. Click the button under your session of interest to add it to your calendar. If you miss participating in the live session, it will be added to the vast library. Simply search the topic and engage at a day and time that works best for you. The session you put on your calendar can also be accessed via the calendar link on the profile page.

13. How do I schedule a mindfulness or meditation break?

Click "Schedule a mindfulness or meditation break" under Quick Access to instantly add a daily calendar reminder.

14. How do I earn certificates and badges?

Certificates and badges reward your progress, boost motivation and help you reach your goals. You earn a certificate for each session you complete. You earn a badge when you complete your first session. Continue to earn badges at various milestones along your journey.

15. What language options are supported for videos?

While videos are spoken in English or Spanish, captions populate in the language you select. Click "cc" on the lower portion of the player to choose from 33 different languages.



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