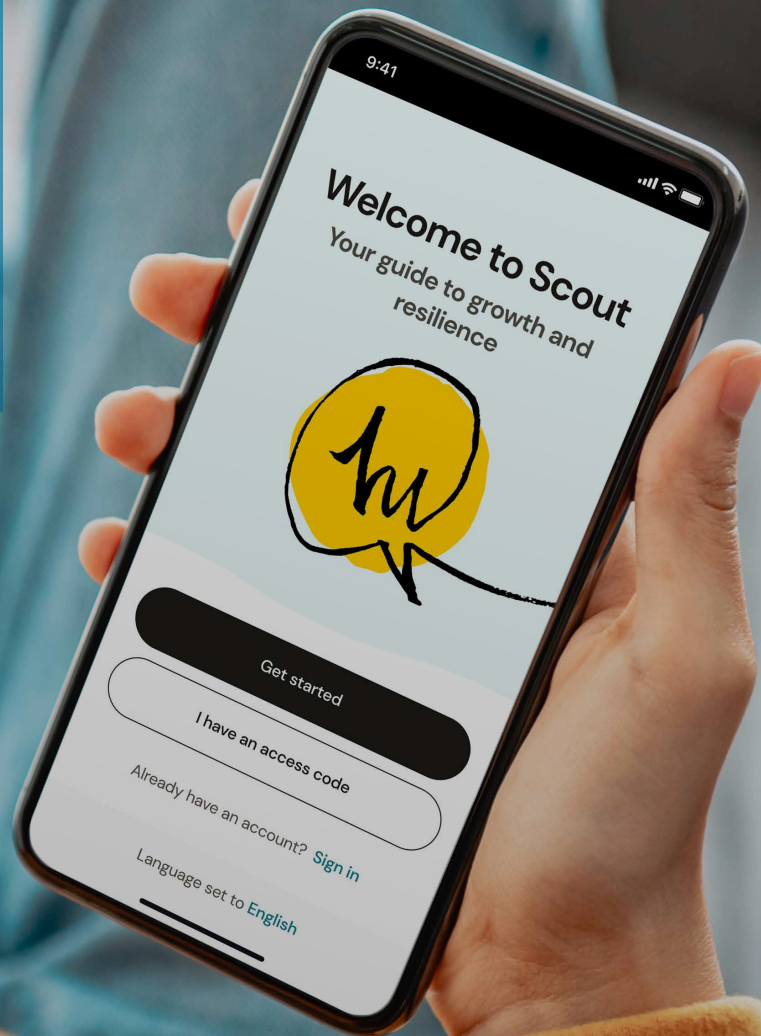


Scout by Sutter Health

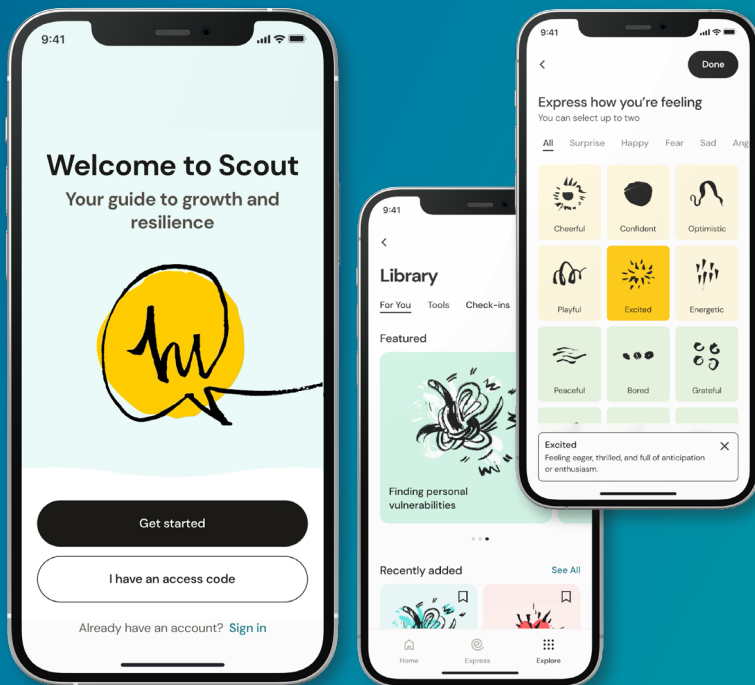
Resiliency and Mental Health Tools for Youth

Sutter Health Plus members have access to Scout at no cost. Scout is a personalized digital program that helps teens and young adults, ages 13-22, build resilience to manage everyday mental health. It's also for their champions (parents, caregivers and families) so they can better understand and support the young people they care about.



Scout is different from coaching and therapy by offering interactive, tools, tips and exercises to help meet life's challenges and develop an early understanding of difficult emotions and mental health stressors through key features:

- ✓ **Weekly education:** Take a guided journey with Scout or learn at your own pace.
- ✓ **Feelings tracker:** Express yourself to receive helpful and personalized content.
- ✓ **Trends & insights:** Learn more about yourself and your feelings over time.
- ✓ **Tips, tools & activities:** Build new skills and strengthen mental resilience.
- ✓ **Reminders & nudges:** Stay on track and achieve your mental health goals.
- ✓ **Support resources:** Find resources to get the help you need, when you need it.



Getting Started

- 1 Download the free Scout app from the App Store or Google Play
- 2 Open the app and click "I have an access code"
- 3 Enter the access code*
- 4 Create your profile

For more information, visit scout.sutterhealth.org.

* Obtain your Sutter Health Plus Scout access code by calling Member Services at 855-315-5800.