

## PROCESS

### How it works in 5 easy steps.

1.

#### Get access

**Click here** to create your confidential and anonymous account.



2.

#### Complete your assessment

Instantly understand your risk across thirteen mental health disorders by completing our gold-standard online assessment.



3.

#### Review results

FeelingBetterNow<sup>®</sup> immediately generates results that inform you of your diagnostic risk for a mental health disorder.



4.

#### Take action

Use the self-care tools and resources available from FeelingBetterNow<sup>®</sup> and your organization. Share your results and plans with your health-care provider.



5.

#### Track your progress

You can complete the assessment as many times as you need to. We recommend that you reassess and track your progress every 4-6 weeks.



[www.feelingbetternow.com/otip](http://www.feelingbetternow.com/otip)