



# Family Support is Just a Few Clicks Away

When you join Rethink Benefits, you get 24/7 access to our web-based portal. The site puts you in control to help you and your care team better teach, understand and communicate with your child. Our site is mobile friendly, providing Rethink when you need it, and it's designed with feedback from parents just like you.

## Rethink's Participant Portal Features Include:

Send a message →



### Communicate with Your Behavior Expert

Schedule virtual appointments, access notes from your dedicated behavior expert and send messages to communicate updates and ask questions.

### Search by Age and Ability

Searchable lessons are categorized by topic and our Social and Emotional Lessons allow you to search by age or ability of your child. We offer tools to support parents of young children to young adults.



### Save Your Favorites

Our online library includes thousands of step-by-step videos and downloadable, printable tools and research-based resources based on the most requested social, learning and behavioral topics.

Rethink is offered by your employer at no cost to you. Plus, It only takes two minutes to enroll and get started. Visit <http://rethinkbenefits.com/viacomcbs> • Use code VCBS to enroll.

Need help? Call 800-714-9285 or email [support@rethinkbenefits.com](mailto:support@rethinkbenefits.com).