



Support Solution Quickstart Guide

Our integrated behavioral management program is here to assist you and your immediate family members as a part of your health benefits plan through your employer.

At some point in our lives, each of us faces a problem or situation that is difficult to resolve. When these instances arise, Support Solution will be there to help.



Anxiety



Substance abuse



Depression



Anger management



Marriage and relationship problems



Work-related pressures



Grief and loss



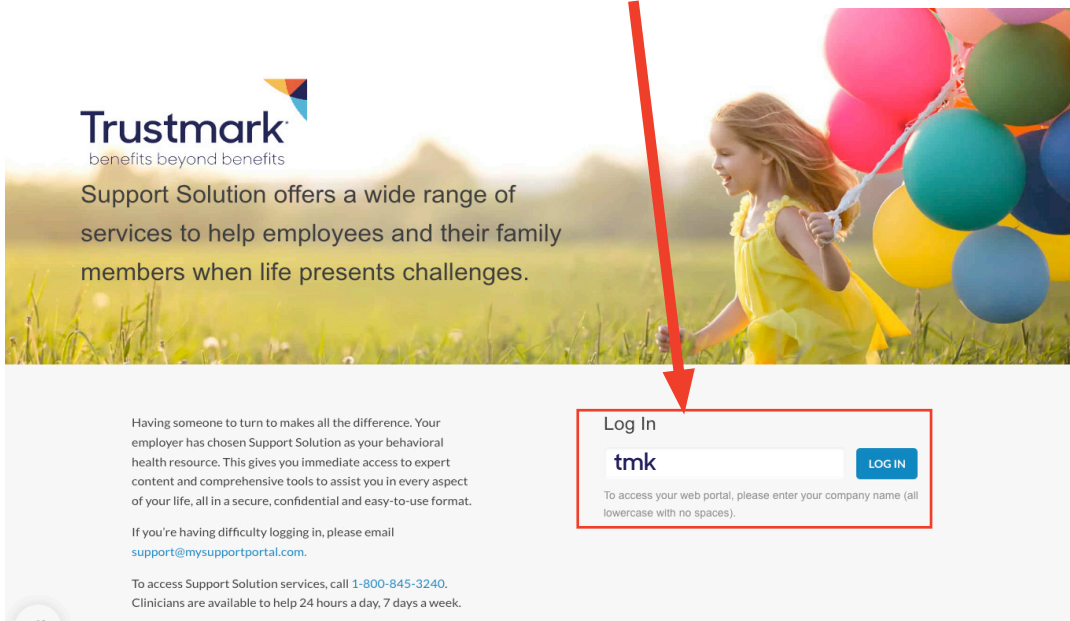
Stress

Health Benefits

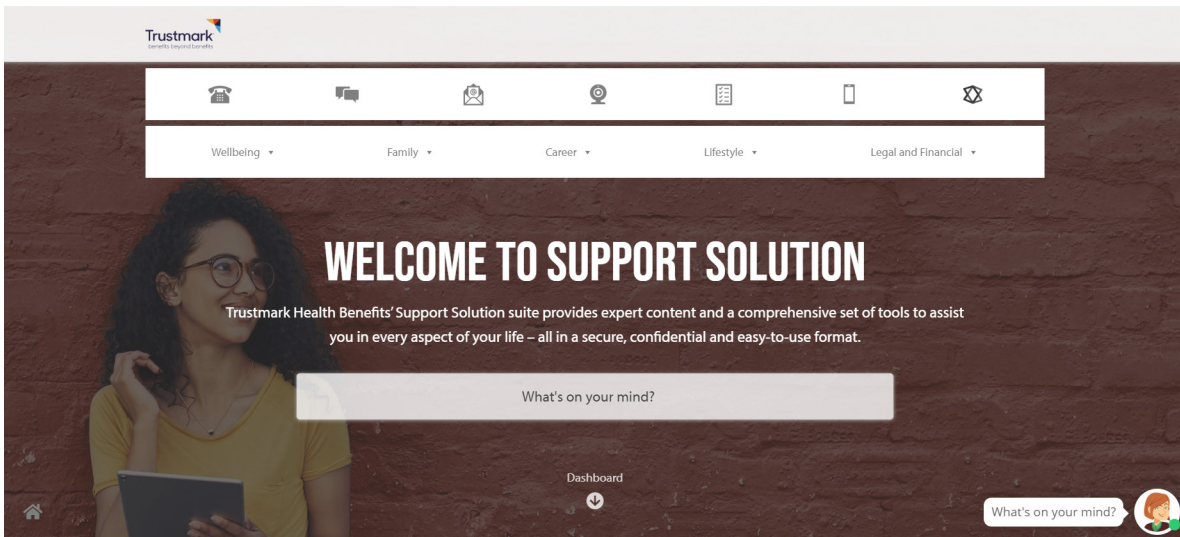
Trustmark
benefits beyond benefits

How do I logon?

1. Go to trustmark.mysupportportal.com, or myTrustmarkBenefits.com
2. To access your web portal, please enter **tmk** (all lowercase with no spaces).



3. And that's all there is to it. You can begin using Support Solution immediately.



* Powered by CuraLinc Healthcare. CuraLinc is not an affiliate of Trustmark Health Benefits, Inc.

Expect **more.**
Benefit more.

For questions on the Support Solution portal, call 800.845.3240.
We're here to help.

Self-funded plans are administered by Trustmark Health Benefits, Inc.
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