



## LifeBridge Participant Eligibility

The Bexar County Medical Society (BCMS) is the organization that serves and represents the member physicians of Bexar County in providing quality health care for their patients and the public. BCMS works to provide resources that members need to continue practicing their profession.

As physician burnout rates increase, BCMS has determined that it is imperative to provide a resource tool to its physician members to address this issue.

For that reason, BCMS is launching the *LifeBridge Physician Wellness Program* in collaboration with an online counseling provider named *BetterHelp*.

All categories of members, including Active, Active First Year, Student, Resident, Military, Life and Retired are all eligible to receive one month of free personal counseling, including up to 4 live sessions and unlimited text/email messaging with a Texas-licensed counselor/therapist.