



# Post-Employment Care Programme

Enjoy seamless continuation of your existing wellbeing support, no matter your next steps.

## Key Objective:

Bytedance has partnered with Intellect to provide seamless post-employment support for all employees. As part of this benefit, departing employees will continue to have access to Intellect’s resources for six months after their last working day, ensuring ongoing mental well-being and support during their transition.

## Steps to Activate Post-Employment Support

### Requesting Post-Employment Care

Employees can request post-employment care by completing the form before their last working day: <https://intellect.co/post-employment-care/>

To apply, you must have an Intellect account and provide the following details:

- **First and last name**
- **Work email**
- **Organisation Name**
- **Personal Email**
- **Final Date of Employment**

After submission, you will be required to verify your work email address. If you no longer have access to your work email, please reach out to [support@intellect.co](mailto:support@intellect.co)

### Accessing Post-Employment Support

After the verification process, you will have access to post-employment care for 6 months following your last working day.

The following services are included:

- **Full premium access to Intellect’s Self-Care app**
- **Clinical Sessions (6 sessions per issue; virtual or in-person)**
- **24/7 helpline (local toll-free number available on the Intellect app)**

Please note that all information shared through the Intellect app is kept completely confidential. Your organisation or any other party will not have access to your data. For more details on privacy, refer to Intellect’s [Privacy Policy](#).



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Download the Intellect app today and use the code: **BRINGJOY** and your **Bytedance Email** when creating your account.