

Youth Mental Health & Technology:

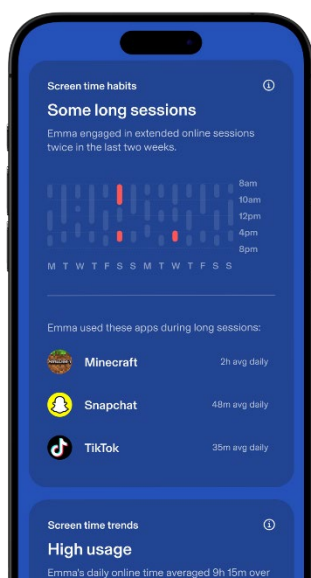
Empowering parents to protect their kids from the harms of the online world

In today's digital world, families have growing concerns when it comes to their children's online behaviors and its impact on their mental wellbeing.

Designed in partnership with child psychologists, parents and kids, Aura's AI* powered tools provide parents a clearer picture of their child's digital behaviors – without compromising privacy.

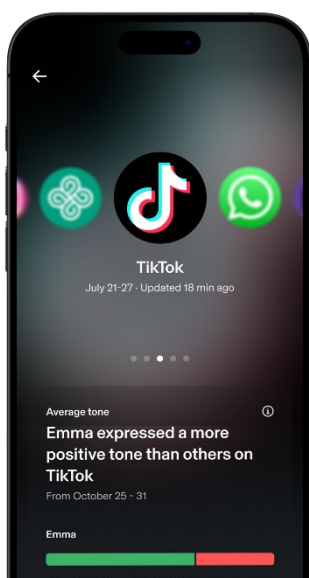
By analyzing language patterns, language, emotional expression and online interactions across apps, platforms and websites, Aura detects signs of stress, procrastination or mood shifts, and offers parents personalized insights and recommendations to help parents support their kids' digital wellbeing.

Teens with heavy screen usage have a **2x higher depression risk¹**



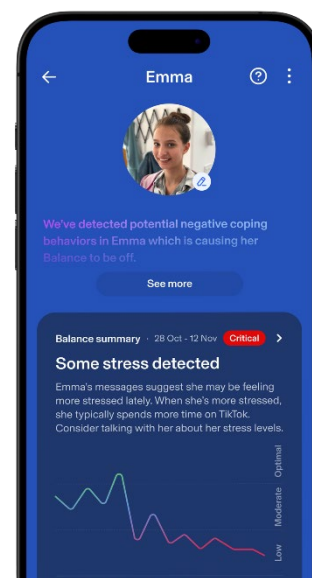
Trends & Patterns

Provides parents a personalized view of trends - and shifts - in their kid's online routines, social interactions and device usage patterns to help spot meaningful changes in their well-being.



Social Interactions

Provides parents visibility into and identifies shifts in their kid's social connections, engagement style, and interactions. Offers insights about their unique social persona based on their social patterns and how they compare to other kids.



Personalized Parent Insights

Helps parents support their kid's digital well-being with personalized insights based on their child's online activity and unique social persona, including tips, recommendations, and even conversation starters.

Contact your benefits broker or MetLife representative to learn more today!

What does the new Child Mental Health functionality do?

Aura's new capabilities go beyond content blocking and screen-time limits to track and analyze patterns of digital behavior, social connections, sentiment and language — helping parents understand how their child's digital behavior may impact their mental well-being.

Aura's AI spots meaningful shifts in the child's online behavior, and more, informing parents and providing personalized insights and recommendations for what to do next.

Why are these capabilities important?

As technology has become inextricable from our personal and professional lives, employees and their families face serious risks to both their security and well-being.

An employee's mental health is a critical part of their performance and satisfaction at work. For employees who have children, their mental health related concerns may also extend to their children. As online risks grow more pervasive, this innovative enhancement is designed to support employees and their families' mental health.

In which plans will the new child mental health focused tools be included?

These new capabilities will be included in MetLife + Aura's Protection and Protection Plus Family plans and the Executive plan for both new and existing customers.

Are the new capabilities replacing Parental Controls?

No. The new child mental health focused capabilities are an expansion of our Digital Parenting Suite. These tools complement our Child Identity Protection, Parental Controls, Safe Gaming and other existing features designed to help parents protect their kids online.

How does Aura's product development incorporate expert advice to deliver these child mental health focused features?

Aura's Chief Medical Officer Dr. Scott Kollins, a licensed clinical psychologist and digital health veteran, leads a team of child psychology experts. Dr. Kollins and his team are deeply involved in developing Aura's next-gen youth mental health focused tools.

Aura's in-house team works alongside members of the Digital Parenthood Coalition, including Boston Children's Hospital, American Academy of Pediatrics Center of Excellence on Social Media and Youth Mental Health, and Aura's Parent and Teen Research Panels to incorporate clinical expertise with real-world insight as they shape and refine each feature.

Aura is a product of Aura Sub, LLC. Aura Sub, LLC. is not affiliated with MetLife, and the services and benefits they provide are separate and apart from any MetLife product. No one can prevent all identity theft or monitor all transactions effectively.

*Users are responsible for making their own parental decisions. Aura's services are not intended to diagnose, treat, cure, or prevent any disease or medical condition. The services are for informational purposes and cannot replace the services of physicians or medical professionals. Aura's services do not monitor for all content or a child's behavior in real time. Alerts and/or insights may not be 100% accurate or timely.

1. Associations between screen time and lower psychological well-being among children and adolescents: Evidence from a population-based study, Science Direct (<https://www.sciencedirect.com/science/article/pii/S2211335518301827>), May 2025.

