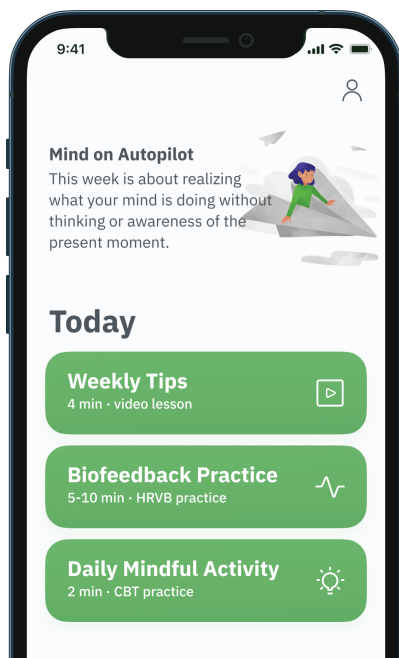


## Now, you can get therapy on your smartphone!

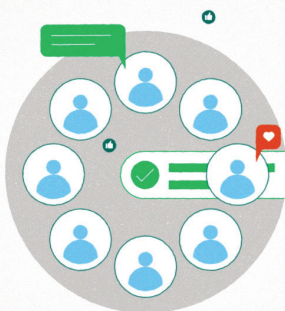
Meru Health's 12-week therapy program is clinically proven to reduce anxiety, stress, depression, and burnout for short-term relief and long-lasting results.



Wearable biofeedback training to increase focus and manage stress.



Mindfulness and behavioral techniques that can be practiced anytime, anywhere.



Confidential access to a personal, remote therapist via chat in the Meru Health App.



Learn more and sign up at [meruhealth.com/cehealth](https://meruhealth.com/cehealth)

**8/10** of participants who complete the program improve or recover\*

*"The program not only taught me strategies to manage anxiety and depression... I felt like a completely different person – actually, let me rephrase that – I feel like myself again, something that has been missing for a long time.*

*Meru Health was worth every second I put into it!"*

- Grace



Meru Health's **12-week program** includes licensed therapists, psychiatrists, anonymous peer support, biofeedback, habit-changing activities, and mindfulness practices, all accessed from your smartphone — **anytime and anywhere.**

To learn more and sign up for the program, visit [meruhealth.com/cehealth](https://meruhealth.com/cehealth) or scan our QR Code!

*Note: Meru Health is an online mental healthcare provider and will not share the identity of any member who enrolls in the program.*



\*A reduction of 5 points or greater on the PHQ-9 depression scale or 4 points or greater on the GAD-7 anxiety scale. Source: Meru Health employee population 2020 (n=90)"

Meru Health is available to members in all states, excluding MN.