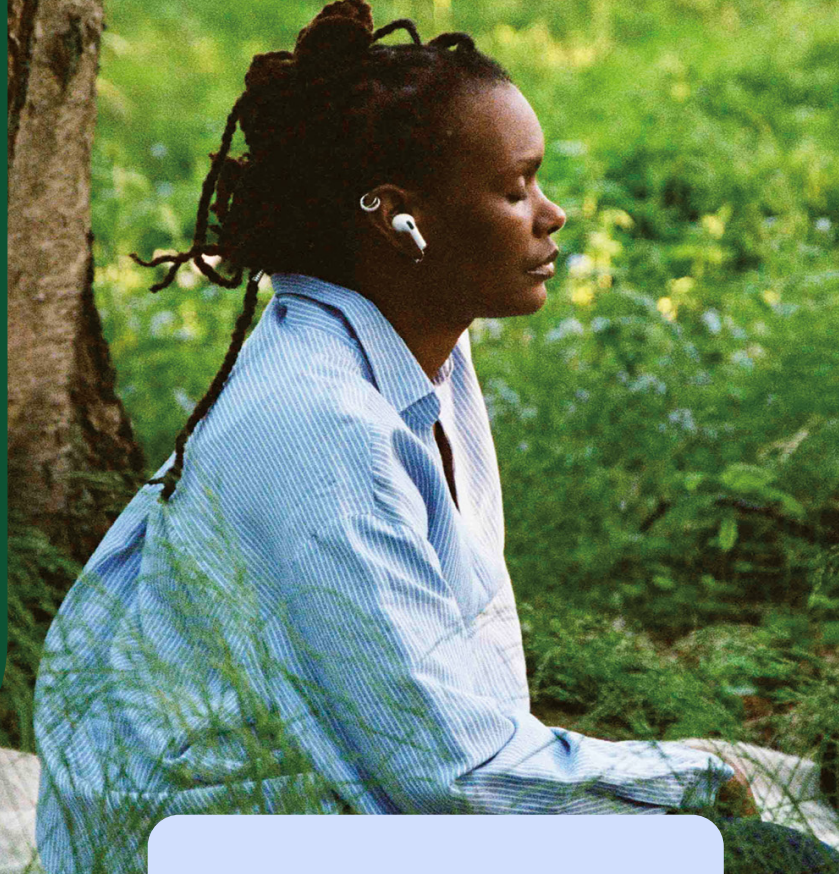




# You Deserve to Feel Better

And with this breakthrough therapy program, it's never been easier



## Welcome to Meru Health!

Your health plan now offers Meru Health, a groundbreaking mental health program that blends one-on-one therapist support with helpful digital tools and interactive practices to transform the way you think about your mental health.

"This has been a truly life-changing experience."

—Meru Health participant

## A whole new approach to mental health care

### Fast effective therapy

This personalized treatment program has been clinically proven to get people feeling better in a matter of weeks.

### Treating mind and body

Mental health isn't just mental. The body impacts the mind, and vice-versa. Meru Health helps you optimize this, including via a simple wearable device that lets you track — and better manage — your body's response to emotional stress.

### Continuous care

Life happens between therapy appointments. So does Meru Health. That's why your therapist will be available via both scheduled video-call sessions and unlimited in-app chat.

### Your dedicated therapist

You'll receive personalized support from a dedicated, licensed therapist who will customize feedback to your specific needs and circumstances.



Meru Health is included with your health plan.

Scan this code or visit [meruhealth.com/sign-up/meritain](https://meruhealth.com/sign-up/meritain) to get started.

**Meritain Health**<sup>®</sup>  
an  **aetna** company