



“This has been a truly life-changing experience.”

—Meru Health participant

Fast, effective mental health care, just for you

Welcome to Meru Health

Your health plan now offers Meru Health, the groundbreaking mental healthcare service that is transforming both people's lives and the very science of feeling better.



Scan this code or [CLICK HERE](#) to learn more or get started.

How does it work?

Faster, more effective therapy

Meru Health's treatment program lasts only 12 weeks yet delivers better outcomes than both traditional talk therapy and antidepressants.

Treating mind and body

Science has shown that sleep and nutrition affect mental health, and vice versa. So Meru takes a holistic mind-body approach to create real, long-term change.

Continuous care

Can't wait a week? Don't have a full hour? Meru's chat-based therapist support means you get continuous support built around modern schedules.

Biofeedback

The mind and the body talk to each other. Meru's wearable heart rate variability device lets you listen in.