



*Get quick and confidential access to mental health support*



## What you will learn:

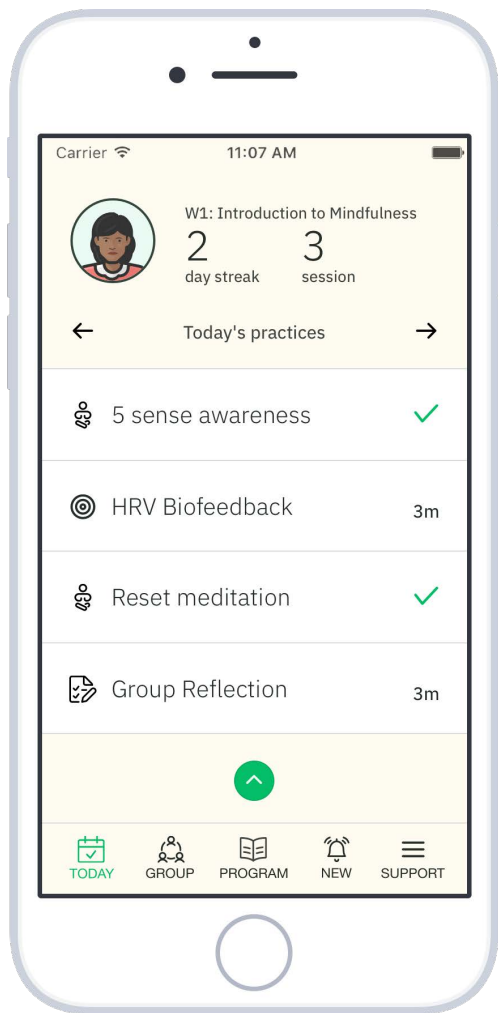
1. *Challenge and change unhelpful cognitive distortions and behaviors*
2. *Self-regulatory skills: Mindfulness and breathing practices*
3. *Education and coaching to improve sleep hygiene and quality*
4. *The impact of nutrition on mood and brain health*
5. *Track your stress levels with a wearable*

New benefit for Cigna customers living in California, Colorado and Arizona

More information and sign up:  
[www.meruhealth.com/cigna](http://www.meruhealth.com/cigna)

or take a photo to sign up with QR code!





*A dedicated therapist guides you through a flexible therapy program*

<b>Week</b>	<b>Theme</b>
1	Mind on autopilot
2	The negativity spiral
3	Mood and motivation
4	Worries and thinking traps
5	Facing difficult emotions
6	Self compassion
7	Exploring values
8	Boundaries and relationships
9	Sleeping better
10	A healthy plate
11	Nutritional & hormonal imbalances
12	Maintaining life balance
13-52	Maintenance

*I experienced shame from being depressed, and I could not talk about it. I often had to cancel my meetings with my therapist because of my hectic schedule. Communication through the app was a good fit to my life and I gained a lot from conversations with my therapist.*  
*- Lauri, 29*

