

Great job!



# Discover The Path To A Happier, Healthier You

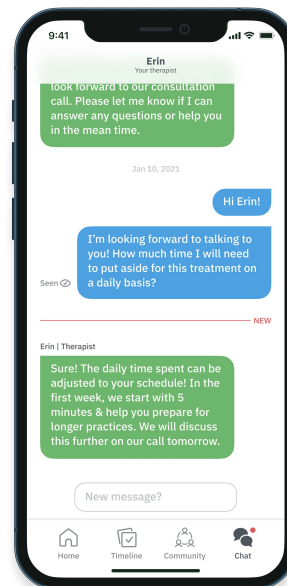
## Welcome to Meru Health

Meru Health is an online healthcare provider that uses a mind/body approach to guide you step-by-step towards better and long-lasting health.

Our 12-week program is clinically proven\* to reduce anxiety, stress, depression, and burnout long-term. The entire program is conveniently accessed through your smartphone.

\*Research validated by Stanford, Harvard, and UC Davis.

**Get started, visit**  
[meruhealth.com/cheiba](https://meruhealth.com/cheiba)



# 12-week treatment program

## A Dedicated Licensed Therapist

Receive a master or doctoral-level licensed therapist who will provide daily chat-based support to help guide and motivate you to become your best self.

## Anonymous Peer Support

The anonymous support group gathers over a specific topic, giving you the opportunity to share your experience and learn from others to feel more connected.

## HRV Biofeedback Device

Receive a heart-rate variability biofeedback device to track and improve your physical response to stress so you can feel calmer, faster. (\$170 retail value for free)

## Psychiatrist Support

Psychiatrists available in select states can provide medication oversight when needed, follow-up recommendations, and coordinate with your primary care physician.

## Weekly Themed Lessons & Practices

Receive evidence-based mindfulness practices and habit-changing activities to help you regulate your emotions, improve your sleep, enhance your nutrition, and feel empowered.

## Primary Care Collaboration

To help identify your symptoms' root causes, we can provide reports and updates upon request to your care team or primary care provider.

## Meru Health's weekly themed video lessons and practices

- 1) Mind on autopilot
- 2) The negativity spiral
- 3) Spiral 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 and hormonal imbalances
- 12) Maintaining life balance

**Download the app, take a brief health assessment,  
and book a call with a dedicated licensed therapist today**

**You Deserve to Feel Good, Let us Guide You There**  
**Visit [meruhealth.com/cheiba](https://meruhealth.com/cheiba)**

