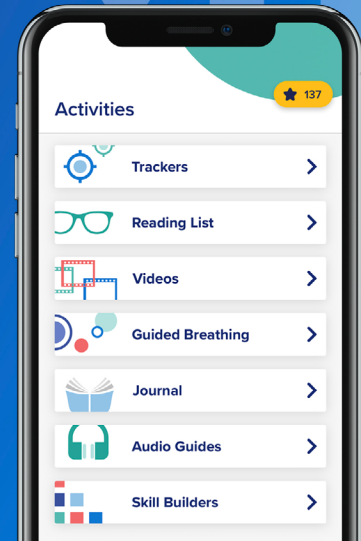




# Feel Better— Mentally & Physically

NeuroFlow’s interactive mental health app helps you build skills toward leading a happier and healthier life.



## Why NeuroFlow?

It’s more important than ever to have the best possible tools to manage your whole health—mental and physical. Through the NeuroFlow app\*, you’re given a fun, personalized and interactive way to learn new skills and take better care of your mental health. Improving how we think, feel and act allows us to thrive in every aspect of life—whether at work, at home, or in our relationships—and working toward mental wellness also has a positive impact on our physical health.

\* Web version available at [www.neuroflowlive.com](http://www.neuroflowlive.com)

## How does NeuroFlow work?

You will have access to quick and helpful activities tailored to you for you to complete through the app. You’ll receive automatic reminders, but you’re free to go at your own pace. You’ll even earn reward points for the activities you complete!

## NeuroFlow lets you:

- ✓ **Complete mindfulness, relaxation and self-care activities** on your own time
- ✓ **Track your mood, sleep, pain and more** every day
- ✓ **Earn reward points** you can redeem as gift cards to use at popular vendors

## How to get started

You will receive a confirmation code as well as a link to download the NeuroFlow app via text or email. Once you receive it:

- 1. Click the link to download the NeuroFlow app**
- 2. Open the NeuroFlow app**
- 3. Click “Sign up”**
- 4. Enter your confirmation code** (if it’s not automatically entered for you)
- 5. Enter your email & create a password**



## Questions?

If you have any technical questions about how to set up your account, contact tech support at [support@neuroflow.com](mailto:support@neuroflow.com).



## Connect with us

[neuroflow.com](http://neuroflow.com)

