

You deserve to enjoy life

A new program to help you manage your mental health is now available

Meru Health is an online health care provider that offers State Health Plan primary members an evidence-based program to reduce anxiety, stress, depression and burnout.

Meru's 12-week treatment program combines therapist and psychiatrist support, a biofeedback training device, anonymous peer support, meditation practices, and habit-changing activities for sleep, nutrition and more.

The program is divided into weekly themes focusing on tackling mental health challenges with multiple approaches and building habits to prevent relapses.

You will have access to:

- **A dedicated licensed therapist.**
Get meaningful, personalized responses when you need guidance or feel lost or unmotivated.
- **A biofeedback (heart rate variability) monitor.**
Track the changes when you breathe to recognize and track your physical response to stress.
- **Weekly lessons and practices.**
Regulate your emotions, improve your sleep, enhance your nutrition and build life-changing habits.
- **Psychiatrist support.**
A psychiatrist provides medication oversight when needed.
- **An anonymous peer support group.**
Share experiences and learn from others who will remind you that you are not alone in this journey.
- **Primary care physician (PCP) collaboration.**
Reports and updates are readily available to your PCP/care team to make sure you get integrated mental health care.
- **Continuous care team support.**
In contrast to conventional therapy, a care team of licensed and experienced therapists and psychiatrists supports and monitors you daily to help you and support you where you need it most.



You can access the entire program from a smartphone, and it is available at no cost to you.

Learn more about the program and enroll at meru.health/cbacares.



www.companionbenefitalternatives.com