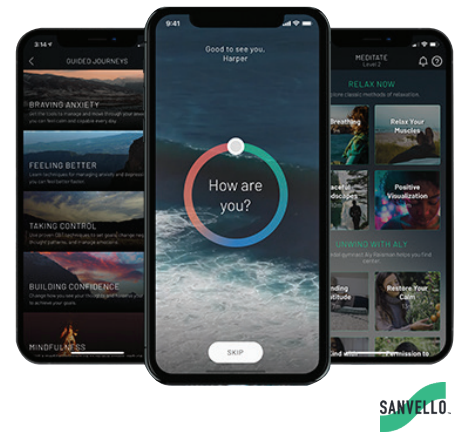




# Say hello to Sanvello

Access on-demand self-help for stress, anxiety and depression



Sanvello™ is an app that offers clinical techniques to help dial down the symptoms of stress, anxiety and depression—anytime. Connect with tools that are there for you right as symptoms come up, each designed to help you stay engaged every day for benefits you can feel. The Sanvello app is available to you and covered family members age 13 and over at no extra cost as part of your plan’s behavioral health benefits.



### Daily mood tracking

Answer questions each day to help capture your current mood, identify patterns and self-assess your progress.



### Meditation tools

Explore classic methods of relaxation—like deep breathing and positive visualization—in the moment when you need them.



### Guided journeys

Use clinical techniques for a range of needs to help you feel more in control and build long-term life skills.



### Personalized progress

Track where you are, set goals and make strides through weekly check-ins—Sanvello creates a roadmap to help you with self-improvement.



### Community support

Connect with peer communities in the field and share advice, stories and insights—anononymously, anytime.

## Upgrade to Premium at no extra cost

- Download and open the app
- Create an account and choose “Upgrade through insurance”
- Search for and select UnitedHealthcare, then enter the information available on your health plan ID card

Learn more

[sanvello.com](https://sanvello.com) or [info@sanvello.com](mailto:info@sanvello.com) | Download the app



# United Healthcare

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