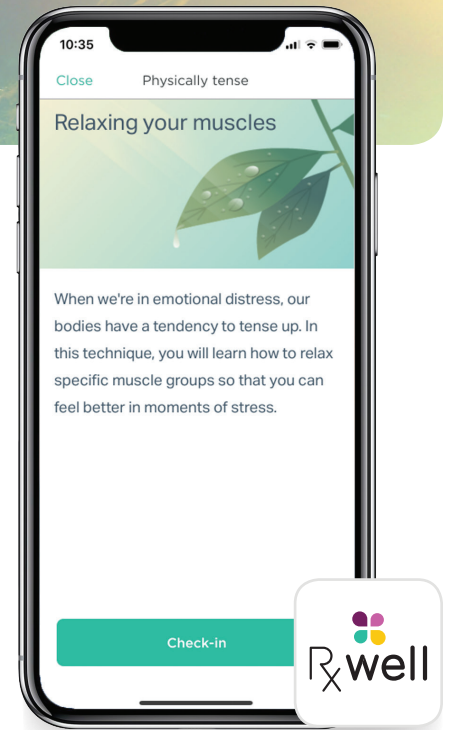


# Calm your mind and body in just 10 minutes a day



**Whether you're feeling anxious, stressed, or depressed, the RxWell mobile app has a path for you. RxWell's techniques can help you overcome common barriers to living your best life—all from your smartphone.**

#### Address anxiety, stress, or depression

Choose from three effective programs based on your needs.

#### Learn doctor-recommended techniques

Use our calming techniques to feel more centered in 10 minutes or less.

#### Track your progress

Identify patterns in your behavior, mood, and emotions.

#### Get support

Get health coach support, receive a personalized plan, set up goals, and message your health coach to get help along the way.

**Visit [work.partners/rxwell](https://work.partners/rxwell)**

**Take the first step to improve your mental health. Download RxWell from the Apple App Store or Google Play today!**



**To access the RxWell app, login to your MyHealth Online account.**

#### Real results

"I am very stressed in my life right now, and the exercises help me relax, focus, and recenter."

—Rhonda, app user

"Easy guided activities for mental wellness [that can] be fit into any part of your day."

—Lauren, app user

**workpartners** 