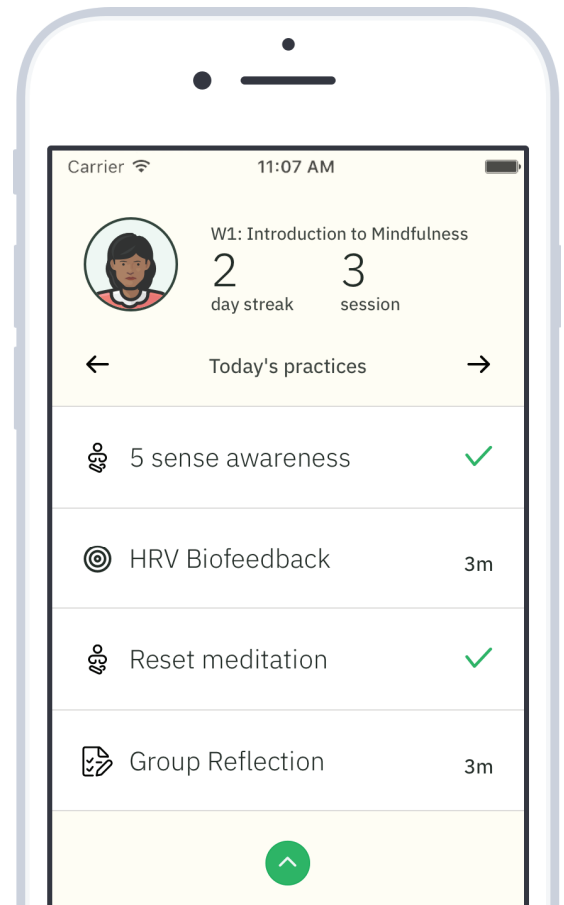


# Now, you can get therapy on your smartphone!

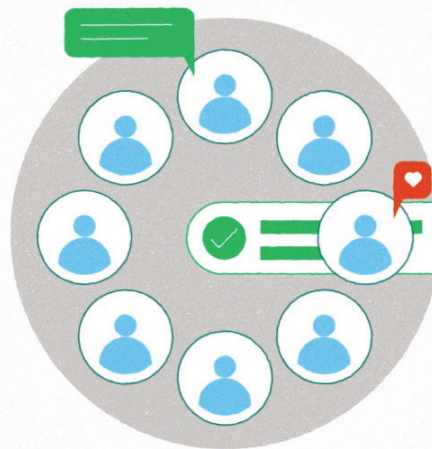
Moda Health and Meru Health offer a 12-week therapy program that is proven to reduce stress, depression and everything in between.



Wearable biofeedback training to increase focus and manage stress.



Mindfulness and behavioral techniques that can be practiced anytime, anywhere.



Confidential access to a personal, remote therapist via chat in the Meru App.



Learn more and sign up at [modahealth.com/meru](https://modahealth.com/meru)

**8/10** of participants who complete the program improve or recover\*

*I experienced shame from being depressed, and could not talk about it. I often had to cancel therapy meetings because of my hectic schedule...*

*Communication through the Meru Health app was a good fit to my life and I gained a lot from conversations with my therapist.*

*- Lauri, 29*



Meru Health's program is available to qualified Moda Health members 18 or older who must reside in Oregon, Washington, Idaho or Alaska during their participation. Meru Health's providers are licensed to practice in these states.

The initial evaluation call will be billed at the same Moda Health member cost share (subject to any deductible) as your standard mental health cost sharing. After the initial evaluation call, this program is available at zero cost to Moda Health members.

For questions regarding your cost or benefits, call the Moda 360 Health Navigator phone number at 866-923-0409.

To learn more and sign up for the program, visit [modahealth.com/meru](https://modahealth.com/meru) or take a photo to sign up with QR Code!

*Note: Meru and Moda Health will not share the identity of any Moda member who enrolls in the program.*



*\*A reduction of 5 points or greater on the PHQ-9 depression scale or 4 points or greater on the GAD-7 anxiety scale. Source: Meru Health employee population 2020 (n=90)"*