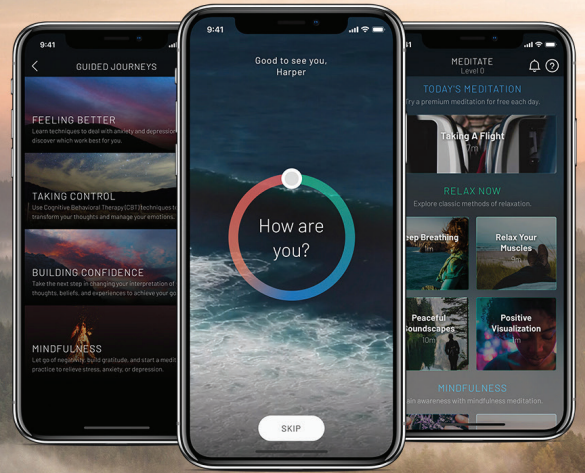


# Say hello to Sanvello



## On-demand help with stress, anxiety and depression.

Sanvello is an app that offers clinical solutions to help dial down the symptoms of stress, anxiety and depression – anytime. Connect with powerful tools that are there for you when symptoms come up. Stay engaged each day for benefits you can feel. Escape to Sanvello whenever you need to, track your progress and stay until you feel better.

## Download the app today.

More information on [Sanvello.com](https://www.sanvello.com).



The Sanvello app is available to you at no cost as part of your plan's behavioral health benefits.



### Daily mood tracking

Answer simple questions each day to capture your current mood, find patterns and review your progress.



### Coping tools

Reach for just the right tool to relax, be in the moment or manage stressful situations, like taking a test or morning dread.



### Guided journeys

Designed by experts for a range of needs, journeys use clinical solutions to help you feel more in control and build long-term life skills.



### Personalized progress

Through weekly check-ins, Sanvello creates a roadmap for improvement. Track where you are, set goals and make strides week by week.



### Community support

Connect with a large community of people and share advice, stories and insights – anytime, anywhere.

## 3 Steps to Upgrade to Premium for Free:

1. Download and open the app
2. Create an account and choose “upgrade through insurance”
3. Search for and select UnitedHealthcare, then enter the information available on your UnitedHealthcare medical insurance card.

Questions? Email [info@sanvello.com](mailto:info@sanvello.com)



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**The Sanvello mobile application should not be used for urgent care needs. If you are experiencing a crisis or need emergency care, call 911 or go to the nearest emergency room, even if it is not in the United Healthcare network.** The information contained in the Sanvello mobile application is for educational purposes only; it is not intended to diagnose problems or provide treatment and should not be used as a substitute for your provider's care. Please discuss with your doctor how the information provided may be right for you. Available to all UnitedHealthcare members at no additional cost as part of their benefit plan. Participation in the program is voluntary and subject to the terms of use contained in the application.

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