



You Deserve to Feel
Good, Let Us Guide
You There

Visit meruhealth.com/aetna
to get started today!

**Now, you can get therapy
on your smartphone!**

Meru Health's 12-week program
is clinically proven* to reduce
anxiety, stress, depression, and
burnout long-term.

The entire program is conveniently
accessed from your smartphone.



*Research validated by Stanford, Harvard,
and UC Davis.

12-WEEK PROGRAM TO IMPROVE YOUR PHYSICAL AND MENTAL HEALTH LONG-TERM

A Dedicated Licensed Therapist

Receive a one-time video call with a master or doctoral-level licensed therapist followed by daily text-based support. Your therapist will provide meaningful, personalized responses to guide and motivate you on your journey.

Anonymous Peer Support

The anonymous support group gathers over a specific topic, giving you the opportunity to share your experience and learn from others to feel more connected.

HRV Biofeedback Device

Receive a heart-rate variability biofeedback device to track and improve your physical response to stress so you can feel calmer, faster. (\$170 retail value for free).

Psychiatrist Support

Psychiatrists available in select states can help discuss your existing medications, provide follow-up recommendations, and coordinate with your primary care physician. They do not prescribe any medications directly.

Weekly Themed Lessons & Practices

Receive evidence-based mindfulness practices and behavioral techniques to help you regulate your emotions, improve your sleep, enhance your nutrition, and feel empowered.

Primary Care Collaboration

To help identify your symptoms' root causes, we can provide reports and updates upon request to your care team or primary care provider.

Note: Depression can have various root causes, including hormonal imbalances, nutritional deficiencies, inflammation, etc.

MERU HEALTH'S WEEKLY THEMED LESSONS AND PRACTICES:

1. Mind on Autopilot
2. HRV Biofeedback
3. The Negativity Bias
4. Mood & Motivation
5. Sleep Smarter
6. Worries & Thinking Traps
7. Difficult Emotions
8. Self-Compassion
9. The Food-Mood Connection
10. Exploring Values
11. Boundaries & Relationships
12. Resilience Toolkit



Once you've signed up, download the app, take a brief health assessment, and book a call with a dedicated licensed therapist

Visit meruhealth.com/aetna to get started today!