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—anonymously, 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 or **info@sanvello.com** | **Download the app**

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United Healthcare

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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. 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. Premium access is available for members at no additional cost as part of their benefit plan. Sanvello premium is not available for all groups in New York and is subject to change. Refer to your plan documents for specific benefit coverage and limitations or call the toll-free member phone number on your health plan ID card. Participation in the program is voluntary and subject to the terms of use contained in the Application.

Insurance coverage provided by or through UnitedHealthcare Insurance Company or its affiliates. Administrative services provided by United HealthCare Services, Inc. or their affiliates.

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