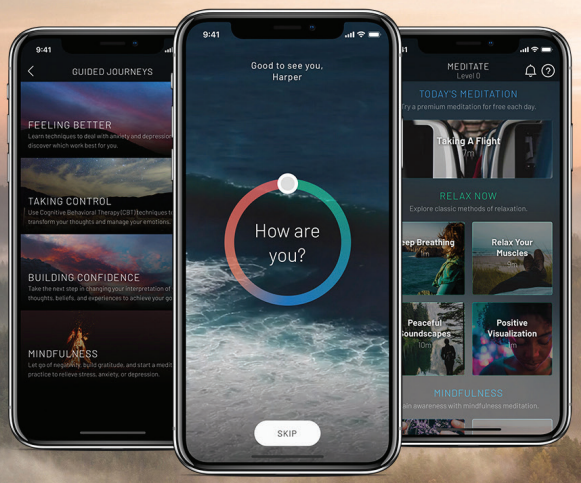
Say hello to Sanvello



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**.

GET IT ON Google Play | Download on the App Store

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**

UnitedHealthcare Community Plan

SANVELLO

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ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al **1-866-292-0359**, TTY **711**.

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