

# Sanvello



## On-demand help for stress, anxiety and depression

Rethink how you manage your behavioral health. Sanvello gives you access to clinically proven techniques based on cognitive behavioral therapy for dealing with stress, anxiety, depression, or whatever else you may be going through. From coping tools to meditations to Guided Journeys, you'll get help to manage your moods and thoughts so you can understand what works for you to feel better.

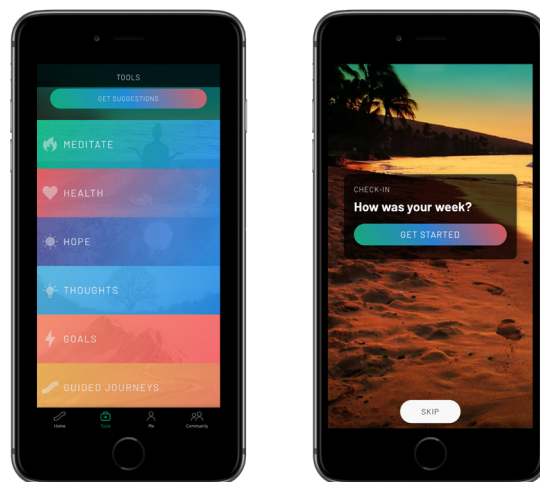
**Daily mood tracking:** Answer simple questions each day to capture your current mood, find patterns and self-assess your progress.

**Coping tools:** Reach for just the right tool to relax, be in the moment or manage stressful situations, like test-taking, public speaking or morning dread.

**Guided Journeys:** Designed by experts for a range of needs, journeys use clinical techniques 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 progress week by week.

**Community support:** Find encouragement, stories and insights from your Sanvello peer community and share your own—anononymously, anytime.



### Getting started with Sanvello

You have access to the premium version of the Sanvello app at no additional cost as part of your plan's behavioral health benefits. Simply follow these easy steps to get started:

1. Download the Sanvello mobile app from the App Store or Google Play.
2. Open Sanvello and tap "Get Started."
3. Complete the steps to create a Sanvello account.
4. After creating an account, select "Upgrade Via Insurance."
5. Search for and select "Medica."
6. Enter the information from your Medica ID card.
7. Use the help prompts for additional assistance if needed.

## Get online therapy when you need it

When you need some extra support, you can schedule an online therapy session and talk to a licensed therapist from the comfort of wherever you are.\* Your therapist will get to know you and work with you on a plan to move forward. It's simple to get started.

1. Open the Sanvello app and tap the therapy scheduling tile.
2. Tap "Get started," select a state, and tap "Next."\*\*
3. Select "I have insurance."
4. At the "Find Your Health Plan" prompt, enter **Medica** and complete the requested information. (If you entered your insurance information when you created your Sanvello account, some of the information will already be populated).
5. Answer a few short questions to find therapists that match your criteria.
6. Choose a therapist who is a good fit for you and select a date and time that works for your schedule.

**Note:** There is a separate cost for online therapy sessions. Sessions are covered under your plan as a behavioral health office visit. Following your visit with a therapist, if you entered your Medica insurance information, Sanvello will send you a bill for any cost share you may have after your plan benefits have been applied.

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Sanvello also offers Coaching that allows you to message with a supportive behavioral health coach and try live, anonymous classes. There is an additional cost for Coaching that it is not covered under your Medica plan. To learn more or to add the Coaching service, tap on the Coaching tile in the Sanvello app.

\*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. The Sanvello mobile application is available at no out-of-pocket cost to you through your health plan membership. Participation in the program is voluntary and subject to the terms of use contained in the application.

\*\*Online therapy is currently available in select states only. To see a list of states where services are available, go to [Sanvello.com](https://www.sanvello.com).