



# This is what it feels like to feel better

Aetna has you covered!



## Welcome to Meru Health!

Meru Health is a personalized mental health program built around continuous support from a dedicated therapist—plus a suite of transformative digital tools. Sign up today to experience the new science of feeling better. The Meru Health therapy program is available to eligible members ages 18 and up.

“This has been a truly life-changing experience.”

—Meru Health participant

## How Meru Health Helps You

### Continuous therapist support

Your licensed Meru Health therapist is available via both **scheduled face-to-face video sessions and unlimited in-app chat**. Mental health doesn't wait for the calendar—neither should your mental health care.

### Faster, more effective care

Feeling better doesn't have to require months or years of therapy. Meru Health's 12-week program has been clinically proven to deliver superior and long-lasting results.

### Connecting your mind and body

Mental health isn't just mental. In fact, certain breathing exercises have been clinically shown to reduce stress better than mindfulness practices. With Meru Health's wearable heart-rate variability device, you can see this happen in real time.



Meru Health is included with your Aetna health plan.  
Scan this code or visit [meruhealth.com/aetna](https://meruhealth.com/aetna) to get started.

