

New NEA Mental Health App Helps Members Deal with Stress and Anxiety

NEA Member Benefits now offers an important new benefit in response to members' requests for a stress management solution. The **NEA Mental Health App** is designed to help members address the considerable mental health impacts of the pandemic and other stressors present in their lives.

Offered in partnership with Sanvello Healthcare, the NEA Mental Health App is an evidence-based mobile app care solution created by clinical experts that enables members to access on-demand help for stress, anxiety and depression. The Sanvello app is the #1 solution in this arena and currently has over 3 million users nationwide.

The NEA Mental Health App is available to members, spouses/domestic partners and eligible dependents* in all 50 states. The program consists of three main options, as follows:

- **Sanvello Free Self-Care Solution** – Access to a number of tools including a Cognitive-Behavioral Therapy (CBT)-based “Feeling Better” guided journey to learn techniques that help with stress, anxiety and depression. Other tools include: meditation, assessments, hope boards, goal tracking, and communities to connect anonymously with other like-minded individuals. *Must be age 13+ to use this solution.
- **Sanvello Premium App** – Access all of the free components mentioned above, as well as enhanced tools including additional CBT-based guided journeys. Available at no cost for one month, and thereafter at a 25% discounted rate for direct-to-consumer subscribers (discounted cost is \$6.75/month or \$40.49/year.) *Available to individuals age 18+.
- **Sanvello Coaching** – Access to all Premium App services, plus coaches available virtually support users on their journey to feeling better through one-on-one messaging and personal support, as well as live group video sessions. Sanvello's Coaching staff is available Monday – Friday, from 8:00 a.m. to 8:00 p.m., Eastern Time. Direct-to-consumer subscribers to Sanvello Coaching receive a 10% discount at a cost of approximately \$45.00/month or \$315.00/year. *Available to individuals age 18+.

NEA Member Benefits is excited to provide this new mental wellness benefit offering NEA members both free and discounted services. Please visit www.neamb.com/mentalhealth to learn more about how the NEA Mental Health App works and to sign up.

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