



Get the First Year the NEA Mental Health Program at No Cost!

For NEA members only, the NEA Members Insurance Trust is offering ONE YEAR OF EXCLUSIVE, NO-COST ACCESS to the NEA Mental Health Program, powered by Sanvello.

Rethink how you manage your mental health. Get clinically-validated tools for stress, anxiety, depression, or whatever you're going through.

Get all of the support you need to improve your mental health—anywhere, anytime—with a confidential, on-demand mobile app which provides evidence-based tools that can help you feel happier over time:

- Daily mood tracking
- Guided journeys
- Coping tools
- Meditations
- Progress assessments
- An anonymous community of peers to reach out to when you need it

Enjoy unlimited access to Sanvello Premium for 12 months at no cost through the on-demand Sanvello mobile app.

Get started now at: www.neamb.com/mentalhealth