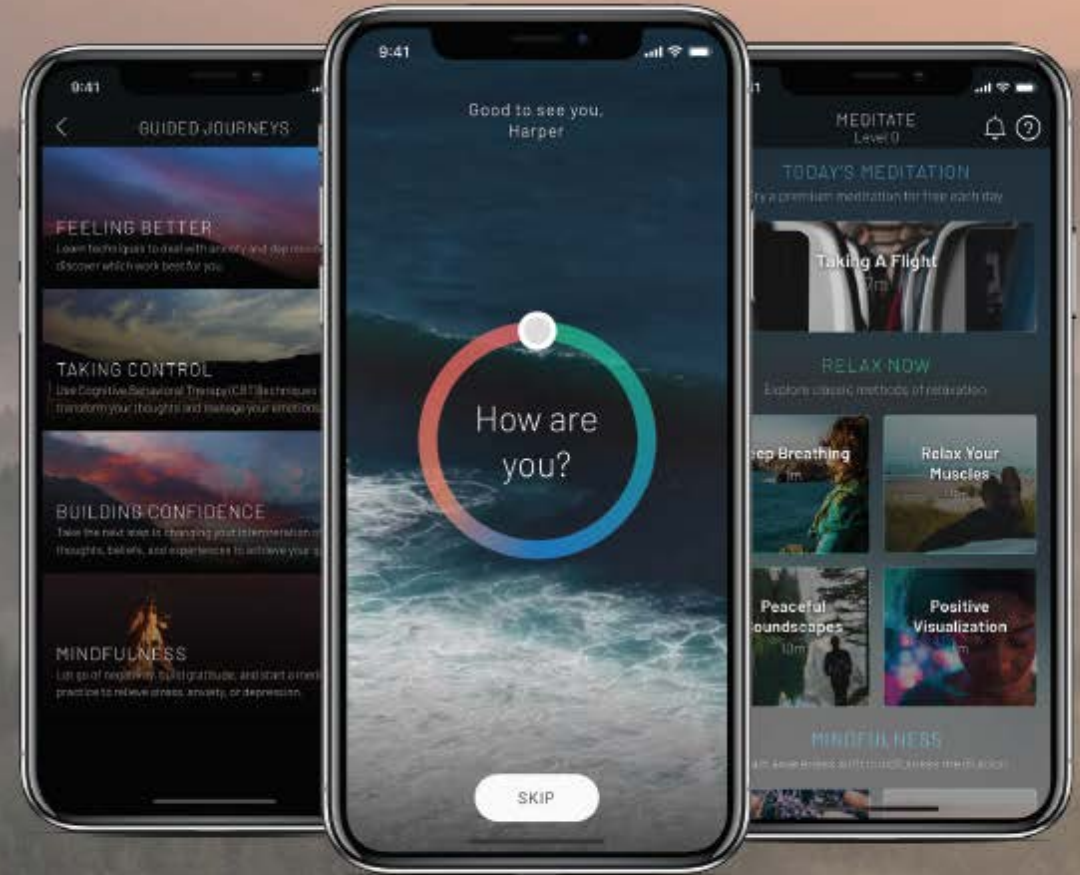


# Say hello to Sanvello

The new app for  
on-demand help  
with stress, anxiety  
and depression



# SANVELLO FEATURES



## Daily mood tracking

Answer simple questions each day to capture your current mood, identify 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.



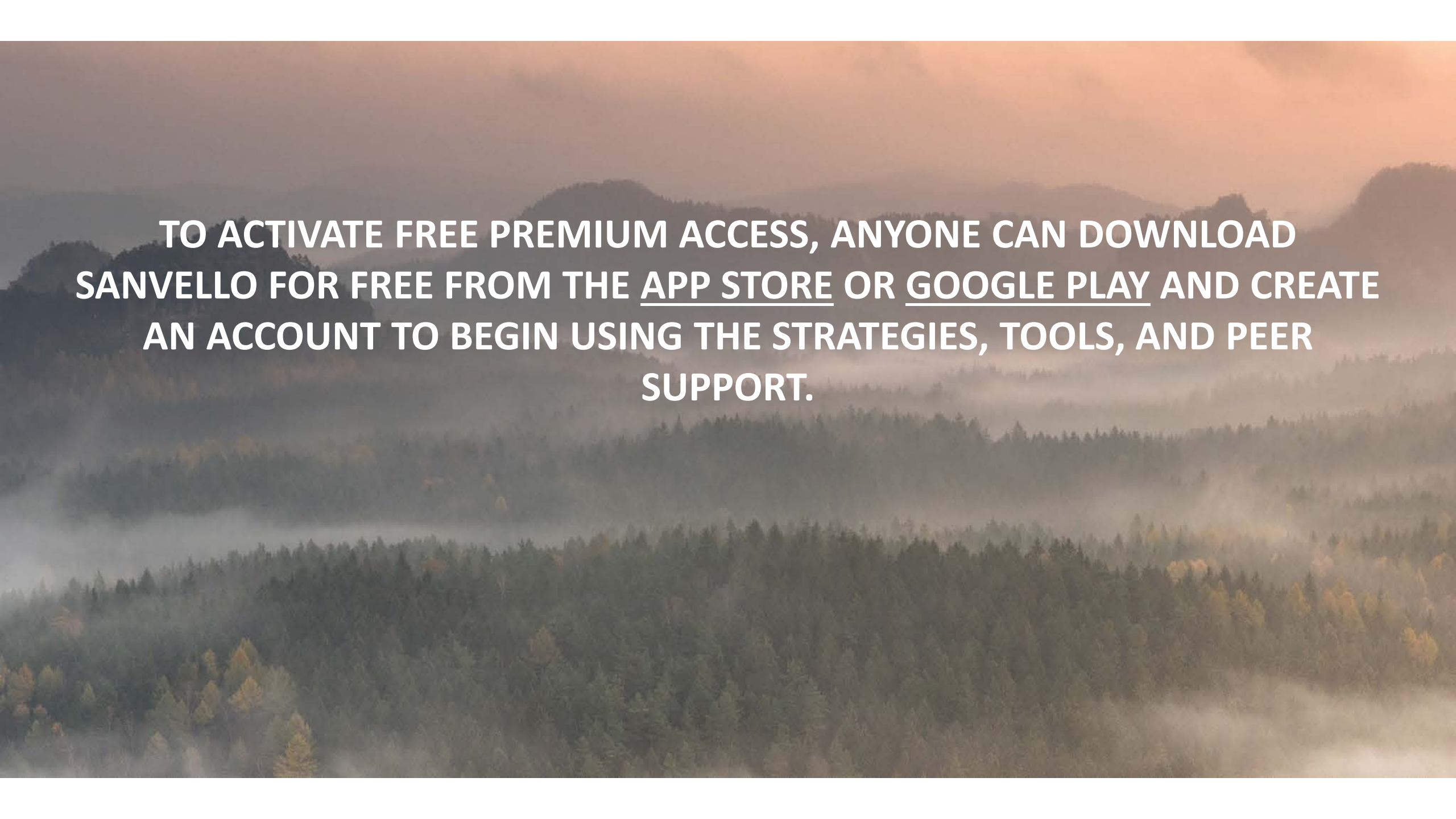
## Personalized progress

Through weekly check-ins, Sanvello creates a roadmap for improvement. Track where you are, set goals and make strides week by week.



## Community support

Connect with one of the largest peer communities in the field and share advice, stories and insights — anonymously, anytime.



**TO ACTIVATE FREE PREMIUM ACCESS, ANYONE CAN DOWNLOAD SANVELLO FOR FREE FROM THE APP STORE OR GOOGLE PLAY AND CREATE AN ACCOUNT TO BEGIN USING THE STRATEGIES, TOOLS, AND PEER SUPPORT.**