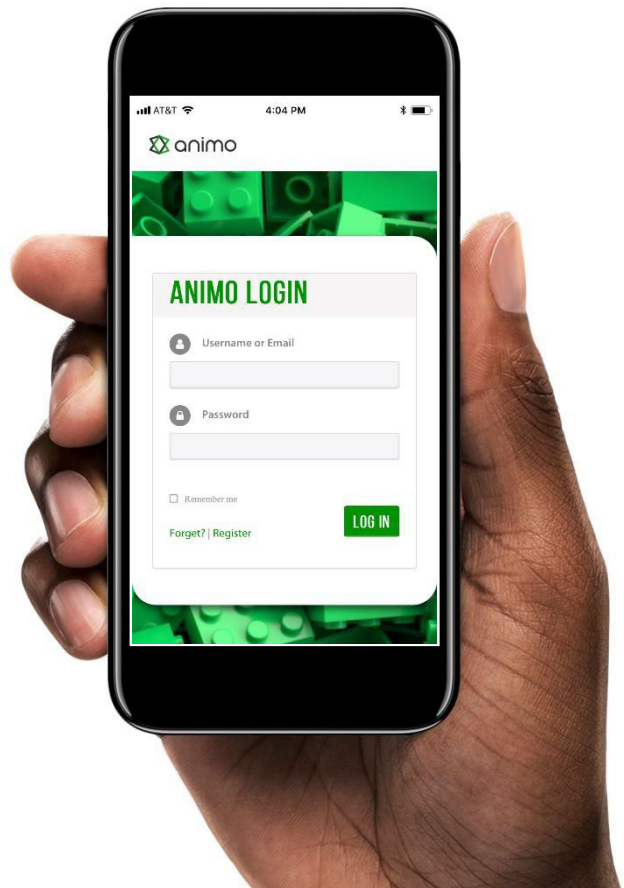


ANIMO

DIGITAL RESOURCES TO STRENGTHEN YOUR MIND



YOU'RE STRONGER THAN YOU THINK!

1 in 5 Americans suffers from a mental health concern. Fortunately, you have access to resources to support your emotional wellbeing from the comfort of your own home! Animo is a digital behavioral health platform that provides personalized ways to help users address stress, depression, and anxiety.

ACCESS TO MENTAL HEALTH RESOURCES ARE AT YOUR FINGERTIPS

- Access the Animo resources from your desktop by logging into **My Wellness** in your employee portal and clicking the Animo tile from the homepage.
- Download the MyWellPortal mobile app by scanning this QR code then clicking on the Animo tile.

