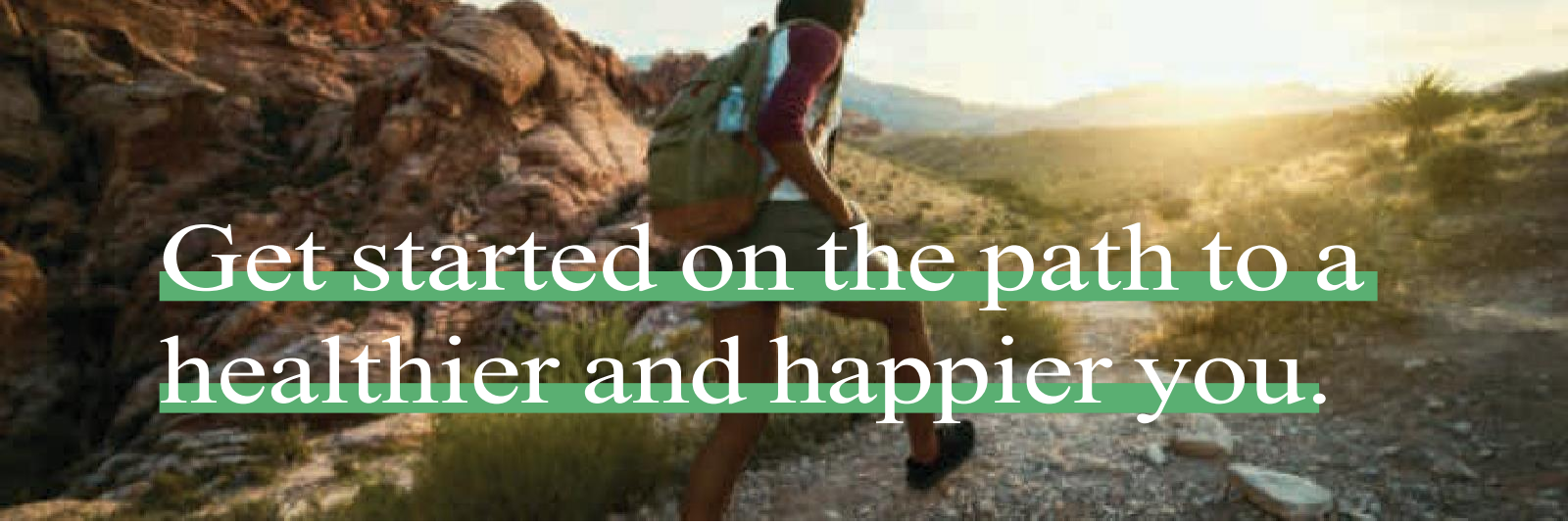


A person with a backpack is hiking on a rocky trail. The sun is setting in the background, creating a warm, golden glow over the landscape. The text "Get started on the path to a healthier and happier you." is overlaid on the image in a white serif font, with a green horizontal bar behind it.

Get started on the path to a healthier and happier you.

VyStar employees covered under any one of the BCBS medical plans are eligible for a new 12-week therapy program through Meru Health. The entire program is conveniently accessed through your smartphone, and is clinically proven to reduce symptoms of depression, anxiety, and burnout.

Over the course of three months, you will:

- Learn and practice the skills needed to **create long-lasting healthy lifestyle habits**
- **Improve your physical response to stress** with a heart rate variability biofeedback device so you can feel calmer, faster
- Communicate with your **personal therapist through daily-chat support**
- Receive and **give peer support** to feel more connected

Short-term relief → long lasting results.

Within just a few weeks of starting the program, you may begin to experience empowering improvements, including:

- Better energy and productivity
- Improved patience and relationships
- More pleasure in normal activities/ feel more present
- Increased feelings of joy, happiness, calmness, and contentment

You have the power to change your course.

Learn more about the program and enroll at <https://www.meruhealth.com/sign-up/vystar/>.



12-week program to improve your physical and mental health long-term

A Dedicated Licensed Therapist

Receive a master or doctoral-level licensed therapist who can provide meaningful, personalized chat-based responses daily to support, guide, and motivate you to become your best self.

Anonymous Peer Support

The anonymous support group gathers weekly over a specific topic, giving you the opportunity to share your experience and learn from others to feel more connected.

HRV Biofeedback Device

Receive a heart-rate variability biofeedback monitor (\$170 retail value) to keep that tracks your heart's beat-to-beat changes when breathing to improve your physical response to stress.

Psychiatrist Support

Psychiatrists available in select states can provide medication oversight when needed, follow-up recommendations, and coordinate with your primary care physician.

Weekly Themed Lessons & Practices

Receive evidence-based mindfulness practices and behavioral techniques to help you regulate your emotions, improve your sleep, enhance your nutrition, and feel empowered.

Primary Care Collaboration

To help identify your symptoms' root causes, we can provide reports and updates upon request to your care team or primary care provider.

Meru Health's weekly themed video lessons and practices

- | | | |
|-------------------------------|---------------------------------|---|
| 1) Mind on autopilot | 5) Facing difficult emotions | 9) Sleeping better |
| 2) The negativity spiral | 6) Self-compassion | 10) A healthy plate |
| 3) Spiral mood and motivation | 7) Exploring values | 11) Nutritional and hormonal imbalances |
| 4) Worries and thinking traps | 8) Boundaries and relationships | 12) Maintaining life balance |

After downloading the app, you'll have immediate chat access and can book a video appointment with your dedicated licensed therapist.

You Deserve to Feel Good
Let Us Guide You There

Visit meruhealth.com/vystar today