Shine a light on mental health

Talking about mental health helps remove the stigma around it and can help people affected feel better.

Managing stress appropriately is a known way to improve your emotional wellbeing. Your wellness program can help! You can learn to recognize the signs of stress, get tips for regular exercise, try relaxing activities, set goals and priorities, connect with others and more.

Check out additional company benefits like the EAP. Engage in your wellbeing program with challenges, Journeys® and Healthy Habits, and earn points and Wellness Credits for participating.

Sign in at **app.personifyhealth.com** and shine a light on mental health today.

May is Mental Health Month!

Scan the QR code to download the app.

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