



Feel like yourself in 12 weeks. Feel better *for life.*

Get mental health support that *works and lasts* through a 12-week virtual program designed and led by expert therapists.

Get access through your health plan!

Discover the difference

This isn't traditional therapy. It's mental health care made for you.



Don't wait for support

Get support right away. Connect with a therapist within 3 days of signing up.



A 12-week plan for life-long change

Therapy doesn't have to last forever. Meru Health offers an evidence-based 12-week program to help you get back to feeling like you fast.



Licensed, vetted therapists

Meru Health's therapists, on average, receive 4.9 stars out of 5 and undergo thorough background checks.

What is Meru Health?

A program to calm your mind, regulate your emotions, and create lasting change in your mental health.



Support wherever you are

Therapy now comes to you at home (or wherever you happen to be) on an **easy-to-use app**.



1:1 care when you need it most

Life won't wait for your next therapy session—neither should you. Your dedicated therapist is always there for you via **scheduled video sessions** and **unlimited messaging**.



Feeling better is as easy as breathing

Reduce stress with **heart rate variability (HRV) therapy**, a simple practice that matches your heart rate with your breath using a free HRV device.



Small changes for big transformations

Improve your emotional well-being in just 15 minutes a day with **habit-building interactive practices**.



A whole community in your pocket

Thanks to an **anonymous community** of Meru Health members, you're never alone on your mental health journey.



Mind-body wellness for lasting change

Meru Health uses a **mind-body approach**—because better physical health leads to better mental health and vice versa.



SCAN ME

Sign up today!

Scan the QRcode or visit meru.us/cba-learn-more to get started.