

# Improve your emotional and physical health in just 10 minutes a day

**Are you ready to make healthy lifestyle changes? RxWell has a path for you. This app uses proven techniques that can help you overcome barriers to living a healthier life. You can use the app to get support for stress, anxiety, depression, weight management, tobacco cessation, and physical activity.**

## Work toward your health and wellness goals

Choose the emotional or physical health management program that matches your needs and goals.

## Learn doctor-recommended techniques

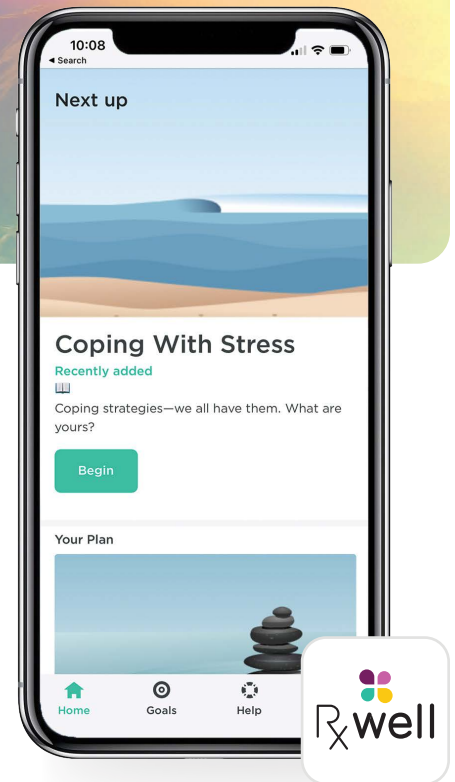
Improve your overall well-being using proven methods.

## Visualize your journey

Use the app's tools to identify habits and track your progress toward your goals.

## Stay focused

Take regular assessments and set goals that work for you



**Take the first step toward improving your emotional and physical health. Download RxWell from the App Store or Google Play™ today!**

**To access the RxWell app, click I have an Access Code and enter WEBT.**



## Real results

“I am very stressed in my life right now, and the exercises help me relax, focus, and recenter.”  
—Rhonda, app user

“Easy, guided activities for mental wellness [that can] be fit into any part of your day.”  
—Lauren, app user

