

# 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, family health, tobacco cessation, diabetes management, sleep, nutrition, 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

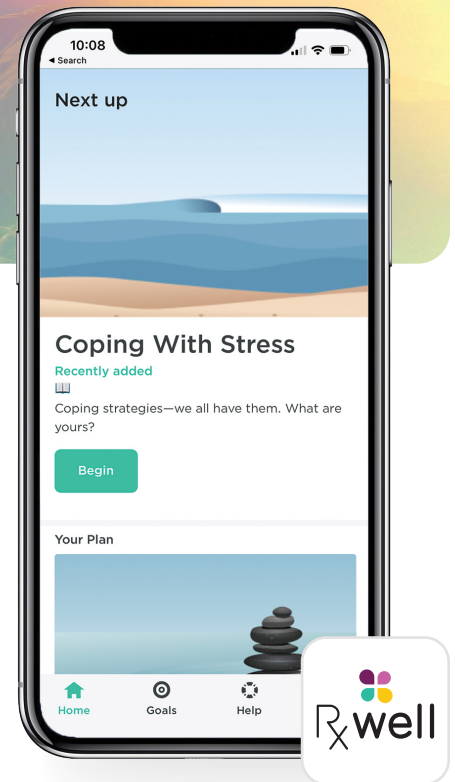
Improve your overall well-being using proven methods.

## Visualize your journey

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

## Stay focused

Receive encouragement from a health coach, get a personalized plan, and set goals that work for you



Visit [upmchp.us/rxwell](https://upmchp.us/rxwell) on your mobile device to get started.

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, log in using your member/wellness ID.



## 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

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