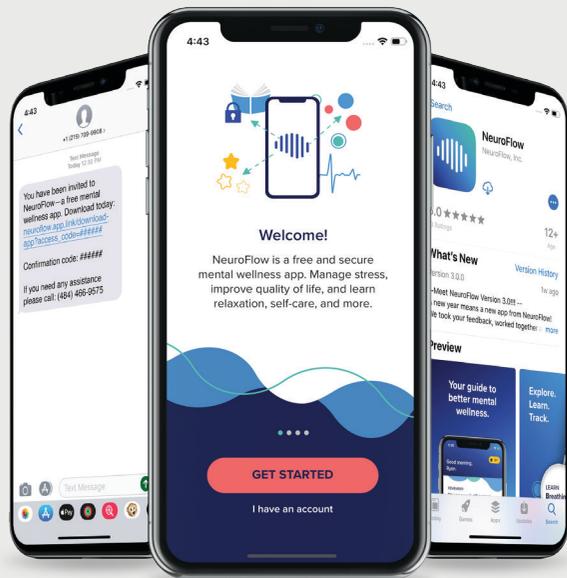


➤ Get started today!

1. **Download the NeuroFlow app** on your mobile phone by clicking on the link from your email or text invite.
2. **Complete activities** in your To Do tab.
3. **Register for PIPs Rewards** so you can redeem your work for gift cards.
4. **Explore and learn** at your own pace!

*I can see the benefits already!!!
Thank you!*

– NeuroFlow User



Crisis Resources:

If you are concerned with your own or someone else's well-being, we encourage you to use the resources below, or see the Crisis tab in your app.

If you are having an emergency, go to your local emergency room.

National Suicide Prevention Lifeline

1 (800) 273-TALK (8255)

Crisis Text Line

Text "HOME" to 741-741



Take charge of your wellness

NeuroFlow is a free application built to support and reward you for strengthening your mind-body connection.

➤ bit.ly/nfbrochure

Type this link into your mobile phone's web browser to sign up!

For more information:

neuroflowsolution.com/for-patients

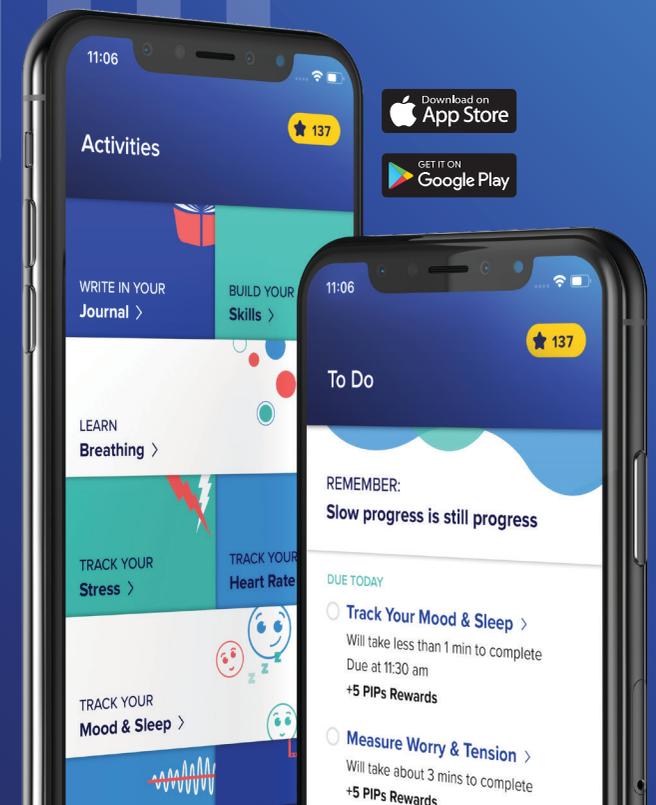
Technical questions?

If you need help, contact tech support at: support@neuroflowsolution.com.

Connect with us:

@neuroflowlive   

@neuroflow 





What is NeuroFlow?

When it comes to caring for your overall wellness, NeuroFlow helps to close the gap between you and your provider.

It is a free and secure application that encourages you to take control of your total health, both physically and mentally.



Helping you to be your best self.

Useful exercises to manage stress and build strength:

- ✓ Relaxation techniques
- ✓ Mindfulness meditations
- ✓ Mood and anxiety screening
- ✓ Coping skills training



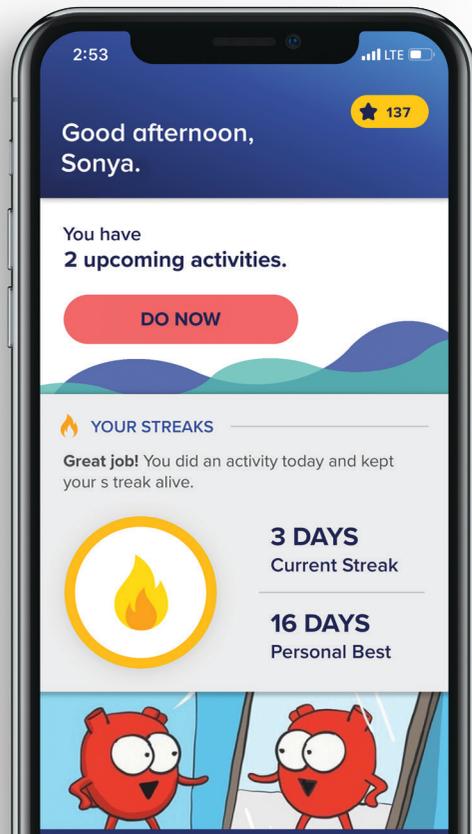
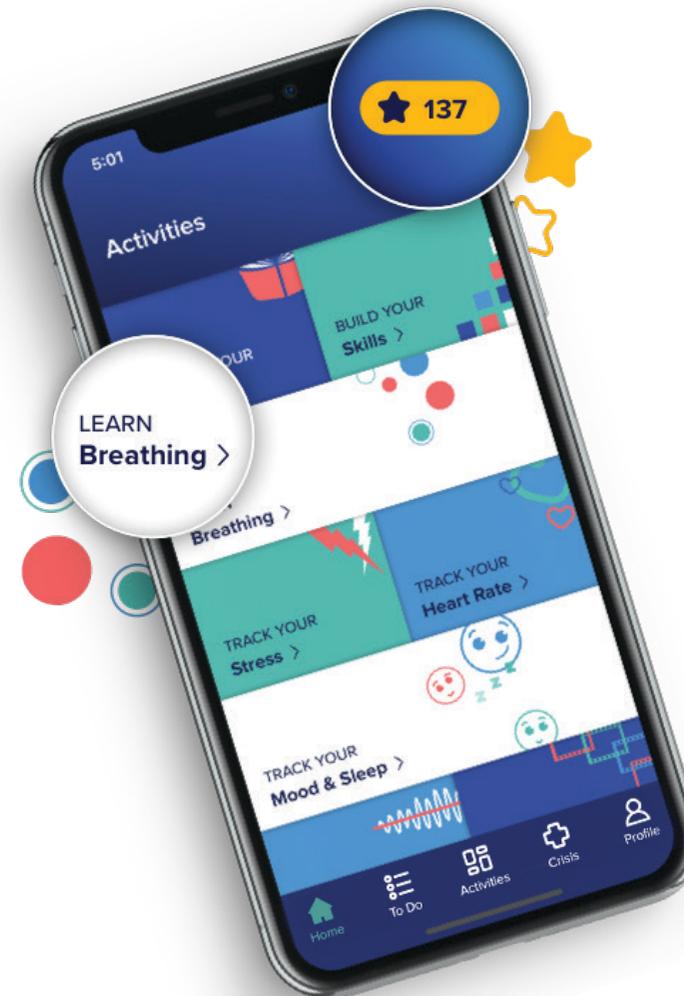
With NeuroFlow, you will be able to:

- ✓ Engage with helpful relaxation, self-care, and strength-building activities
- ✓ Earn gift cards (redeemable at select retailers like Amazon)
- ✓ Record your mood and sleep to help you notice patterns over time
- ✓ And more!



This is a great app—it has great suggestions and meditation exercises to help lift your state of mind.

– NeuroFlow User



Cartoon: TheAwkwardYeti.com



How does your provider use NeuroFlow to help you?

Review information recorded in your app to help provide holistic care.

Update your care plan to help you feel better faster.

Send helpful activities or education right to your connected device.