

Allegiance Product Spotlight

Welcome to Allegiance's product spotlight emails!

Each month we will feature one of our preferred vendor partners and their products and programs.

Scroll down to learn more about Meru Health and how they would benefit your employees and their families.



Affordable care is waiting for you. Access it today!

Your mental health matters more than ever. That's why Allegiance is proud to provide affordable access to Meru Health, a 12-week virtual program designed and led by expert therapists to calm your mind and regulate your emotions.

With 1:1 continuous care from a dedicated therapist, on-demand wellness practices, anonymous community support, guided breath work, and more, Meru Health makes it easier than ever to care for yourself.

Thousands of people have used Meru Health to overcome burnout, anxiety, and depression and get back to feeling like themselves. Better yet, Meru Health is available through your Allegiance health plan.



**Get Started with
Meru Health**

"I cannot recommend this program enough to anyone who wants to have a better understanding of their thoughts and emotions as we



move through the world.”

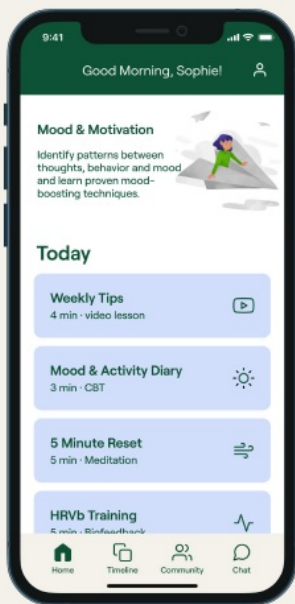
– Meru Health participant

Through Meru Health’s 12-week virtual program, you’ll have access to:

- **1:1 video sessions.** Get personalized care from a dedicated, licensed therapist via scheduled video sessions.
- **Unlimited messaging.** Share feelings, concerns, and questions with your therapist at any time within the secure in-app chat.
- **HRV therapy.** Reduce stress and increase resilience with heart rate variability therapy, a simple practice that matches heart rate with breath—monitored in real-time with a free HRV device.
- **On-demand wellness practices.** Feel better in as little as 15 minutes a day and build lasting coping skills with practices on subjects like mindfulness, nutrition, cognitive behavioral therapy, and more, delivered to you each week.
- **Anonymous community support.** Support and be supported through collaborative weekly discussions with fellow Meru health members.
- **Bi-weekly progress tracking.** Track your progress through bi-weekly check-ins with your therapist and mental health assessments.
- **Complete mind-body wellness.** Address challenges through a mind-body approach to mental health care—because better physical health leads to better mental health and vice versa.

You can connect with a therapist in as little as three days.

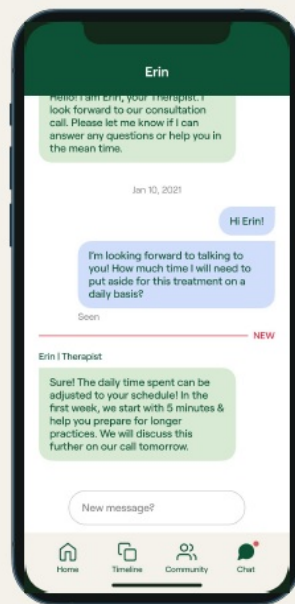
To get started, sign up [here](#).



Content/Practices



Peer-Support



Ongoing therapist support



Get in touch with your Allegiance Account Team today to learn how Meru Health can benefit you and your organization.

Services are billed as a mental health or behavioral health visit through claims and applied to group specific copays, deductibles, and out-of-pockets.

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