

Allegiance Product Spotlight

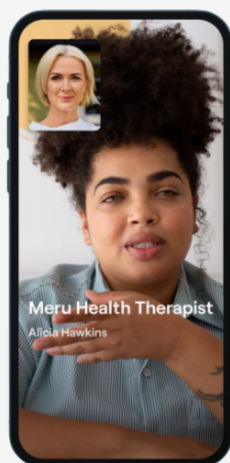
Each month we will feature one of our preferred vendor partners and their products & programs.

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



This month we are highlighting [Meru Health](#), a 12-week mental health transformation program available to your employees through an easy-to-use app. This program goes beyond traditional therapy, combining personalized therapist support with science-backed tools and habit-building lessons to create lasting change.

Designed to support both mind and body, Meru Health helps address the root causes of stress, anxiety, depression, and burnout—providing meaningful, results-driven support. 94% of participants report feeling better after completing the program.



Employees receive:

- **Therapist Support:** Scheduled video sessions + unlimited messaging
- **On-Demand Practices:** Weekly lessons to build lifelong mental wellness habits
- **Biofeedback Technology:** A free device to support heart rate variability therapy
- **Community Connection:** Anonymous support groups to share experiences
- **Visible Progress:** Symptom tracking and improvement insights

Ongoing campaigns, sent right to your employees:

- Opt-in now to be included in Meru Health-sent campaigns through the year. If you opt-in today, Meru Health will commit 100% fees at risk for the employees that enroll in the program.

- The next campaign planned is for Mental Health Awareness Month in May. Employees can opt-out at any time. Contact your Allegiance Account team to opt-in to Meru Health Member Communications.

Other ways to introduce Meru Health to your employees:

- Easily promote Meru Health with a ready-to-use communication toolkit, including email copy, intranet messaging, a benefits one-pager, and more. [Click here to download the toolkit.](#)

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

Invest in your employees' well-being with a proven mental health solution that makes a difference. Let's work together to be their partner in mental health transformation.

Contact your Allegiance Account team to get started today!

Not interested in Allegiance product updates?

If you no longer wish to receive these Vendor Spotlight emails, please reach out to your Account Executive to be removed from this distribution list.

If you unsubscribe from this email via the link below, you will no longer receive any emails from Allegiance, including important compliance updates and other urgent notices.

Allegiance Benefit Plan Management, Inc. | 2806 S. Garfield St. | Missoula, MT 59806 US

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)



Try email marketing for free today!