

Boost Your Well-Being in Just 10 Minutes a Day

Ready to embrace a healthier lifestyle?

RxWell is here to guide you. Using proven techniques, this app helps you break through barriers to better living. Get support for stress, anxiety, depression, weight management, quitting tobacco, and staying active—all in one place.

With RxWell you can work towards your goals with doctor recommended techniques.

Tools available with RxWell include:

- Regular assessments
- Progress tracking
- Active goals
- Setting notification reminders
- Link to a health tracker
- Customized plans
- In the moment stress relief

Take the first step toward improving your emotional and physical health. Get free premium access with PAS by downloading from the App Store or The Play Store™ and selecting: "Get started with an access code" then entering code:

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"I am very stressed in my life right now, and the exercises help me relax, focus, and recenter."

—Rhonda, app user

