



## On-demand Mental Wellness

### Meditation, Psychology, and Neuroscience

Competitive Health's Mental Health Support program offers hundreds of videos led by mental health professionals on a variety of wellness topics. Our self-paced courses make mental wellness accessible, engaging, and confidential.

Our courses integrate tools from various disciplines for total mind-body wellness.

Our licensed mental health professionals teach research backed-skills typically only taught in therapy. Gain access to scientifically proven therapeutic techniques from the comfort of your home.

### Innovative Courses Built for Mental Wellbeing

We employ the latest research in the neuroscience of learning, clinical psychology, and meditation practice to deliver courses that lead to lasting emotional change.

When you purchase a course you have 24/7 access, can learn at your own pace, and repeat the course as many times as you'd like.

You will never be asked to share any personal information after purchasing the course. Each course is a blend of video lectures and experiential exercises typically taught in therapy.



#### 100% Confidential

Never share any personal information you do not want to share



#### Effective Treatment

90 percent of mental health app users report significant positive effects



#### Affordable Prices

Unlimited course access for less than the price of an hour therapy session



#### Innovative Courses

Founded by therapists and one of the fastest growing mental wellness companies



#### Mobile Friendly

Available to users on all mobile devices, including Apple and Android



#### 24/7 Access

Learn at your own pace from your home, work, and anywhere else