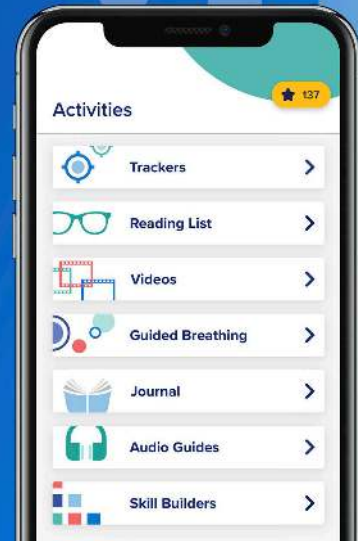


Feel Better— Mentally & Physically

NeuroFlow's interactive mental health app helps you build skills toward leading a happier and healthier life.



Why NeuroFlow?

It's more important than ever to have the best possible tools to manage your whole health—mental and physical. Through the NeuroFlow app*, you're given a fun, personalized and interactive way to learn new skills and take better care of your mental health. Improving how we think, feel and act allows us to thrive in every aspect of life—whether at work, at home, or in our relationships—and working toward mental wellness also has a positive impact on our physical health.

* Web version available at www.neuroflowlive.com

How does NeuroFlow work?

You will have access to quick and helpful activities tailored to you for you to complete through the app. You'll receive automatic reminders, but you're free to go at your own pace. You'll even earn reward points for the activities you complete!

NeuroFlow lets you:

- ✓ **Complete mindfulness, relaxation and self-care activities** on your own time
- ✓ **Track your mood, sleep, pain and more** every day
- ✓ **Earn reward points** you can redeem as gift cards to use at popular vendors

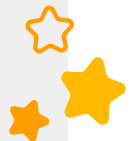


Scan QR code
to Download

How to get started

Visit the app store/google play to download the NeuroFlow app or scan the QR code:

- 1. Open the NeuroFlow app & click 'Sign up'**
- 2. Under "Do you have an invite code" select "yes"**
- 3. Enter AFLAC1**
- 4. Create password**



Questions?

If you have any technical questions about how to set up your account, contact tech support at support@neuroflow.com.



Connect with us

neuroflow.com



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