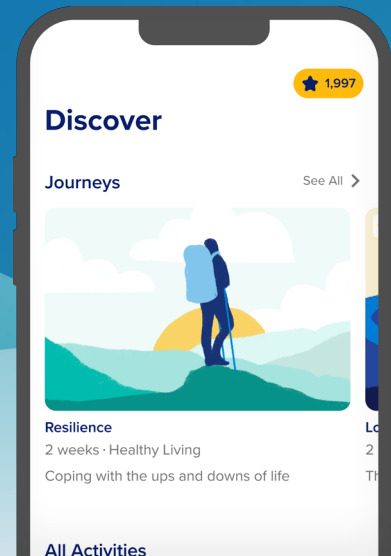


Feel Better— Mentally & Physically

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



Take steps to create a healthier you

Through Midshipmen Development Center you have access to the best possible tools to manage your whole health—mental and physical. The NeuroFlow app*, is personalized to you and provides a fun and interactive way for you 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 school, 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 resilience 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

How to get started

1. **Scan the QR code**
2. **Enter your information**
3. **Create your account**



Scan to get started



Questions?

For any questions about how to set up your account or any general inquiries, contact:

support@neuroflow.com.



Connect with us

neuroflow.com

