

# Say hello to Sanvello



## On-demand help with stress, anxiety and depression

Sanvello is a mobile app that offers clinical techniques to help dial down the symptoms of stress, anxiety and depression – anytime. Connect with powerful tools that are there for you right as symptoms come up. Stay engaged each day for benefits you can feel.

More information at [Sanvello.com](https://www.sanvello.com)

The premium Sanvello app is available to you at no extra cost as part of your benefits.



### Daily mood tracking

Answer simple questions each day to capture your current mood, identify patterns and self-assess your progress.



### Coping tools

Reach for just the right tool to relax, be in the moment or manage stressful situations, like test-taking, public speaking or morning dread.



### Guided journeys

Designed by experts for a range of needs, journeys use clinical techniques to help you feel more in control and build long-term life skills.



### Personalized progress

Through weekly check-ins, Sanvello creates a roadmap for improvement. Track where you are, set goals and make strides week by week.



### Community support

Connect with one of the largest peer communities in the field and share advice, stories and insights – anonymously, anytime.

Get the Sanvello app through [Here4TN.com](https://www.here4tn.com). Simply click on the **Sanvello** link on the homepage to learn more and get started. Questions? Email [info@sanvello.com](mailto:info@sanvello.com).

# Sanvello FAQs

## 1. What is Sanvello?

Created by psychologists, Sanvello is a top-rated self-help app that uses clinically validated techniques such as cognitive behavioral therapy (CBT) – a type of psychotherapy that has been shown to be especially effective for individuals experiencing high levels of stress, or symptoms of anxiety and depression.

Sanvello empowers individuals to engage with activities to improve their mental health from the convenience of their mobile device anytime, anywhere – helping relieve symptoms and build life skills that can reduce potential high-cost interventions in the future.

## 2. For which conditions is Sanvello recommended?

Sanvello is recommended for members experiencing high levels of stress, and/or those with anxiety and depression – especially those who may not seek treatment through traditional methods due to various reasons. Members may benefit from using Sanvello whether or not they have a diagnosis of a behavioral health condition. Sanvello can also be used in conjunction with conventional therapy.

## 3. Is support available for specialized conditions, such as substance use and eating disorders?

Not at this time. Guided Journeys and activities are geared toward individuals with generalized anxiety disorders and/or depression. However, individuals with these specialized conditions could still benefit from the app's capabilities and can call **855-Here4TN** for additional support.

## 4. Are there costs associated with Sanvello?

There is no cost to members with EAP and behavioral health coverage for downloading, registering and utilizing the app.

## 5. What technology requirements are necessary for accessing Sanvello?

Members need a mobile device (smartphone or tablet) with access to the internet. Sanvello is compatible with iOS and Android operating systems. Members may have a better experience if they download the Sanvello app. However, there is a web version of the application available with limited functionality that can be accessed on any desktop or mobile browser.

## 6. Is Sanvello secure?

Yes, Sanvello uses secure access login with two-factor identification, enterprise-grade password requirements and login detection from other devices.

## 7. What are the age requirements for using Sanvello?

Sanvello is available to individuals ages 13 and older.

