

Personal Coaching for Better Emotional Health



**ICUBA
members
can sign up
for free!**

Meru Health's Coaching Program

- An eight-week, app-based program that pairs you with a licensed emotional intelligence coach to guide you on your path
- Your dedicated coach provides continuous support via video calls and unlimited in-app chat
- Interactive lessons and practices help you reach your goals, with new content updated daily
- Learn important skills and strategies to help you reduce stress and burnout, increase resilience, improve well-being, and become your best self

This benefit extends to all household members as well. Must be 18 years or older.

Scan the QR code or visit meruhealth.com/rfl to learn more and get started.

