



# Mindstream™

## A fitness studio for your mind

Explore live and on-demand sessions to build your life skills and emotional health as part of your ongoing emotional fitness routine. This dynamic care modality covers a wide range of ever-changing topics to prepare you for any challenges life may present. You'll want to keep returning to gain knowledge, improve resilience, boost productivity and more.



Mindstream™ is an engaging and easy-to-use platform that provides:

- ✓ Unlimited access to sessions that vary in length to fit into your daily life
- ✓ Filter options based on focus areas, instructor, language, session length or media type
- ✓ Expert instructors covering diverse topics, such as sleep fitness, stress reduction, work-life, parenting, career growth and more
- ✓ Badges and certificates to reward your progress, boost motivation and help you reach your goals
- ✓ A bookmark feature to save your favorite sessions and streams
- ✓ New sessions added weekly to continually enhance your emotional fitness

