

Say hello to Sanvello



On-demand help with stress, anxiety and depression.

Sanvello is an 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. Escape to Sanvello whenever you need to, track your progress and stay until you feel better.

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



Daily moodtracking

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 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.

To get started, follow these steps:

1. Visit LiveandWorkWell.com and login with your company access code: Indiana
2. Under Get emotional support, select Try our self-care app.
3. Click "Join Sanvello now" and sign up by filling out the sign up page.
4. Download and open the Sanvello app from the App Store or Google Play.
5. Sign into the Sanvello app with the account information you created on the sign up page.

Questions? Email info@sanvello.com.



The Sanvello mobile application should not be used for urgent care needs. If you are experiencing a crisis or need emergency care, call 911 or go to the nearest emergency room. The information contained in the Sanvello mobile application is for educational purposes only; it is not intended to diagnose problems or provide treatment and should not be used as a substitute for your provider's care. The Sanvello mobile application is available at no out-of-pocket cost to you through your Employee Assistance Program benefits. Participation in the program is voluntary and subject to the terms of use contained in the application.

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