



What are you waiting for?

Premier emotional health app now enhanced and free to Aetna International members

Maybe you haven't heard of Wysa, the enormously successful award-winning app offering immediate, confidential support for your emotional and mental well-being. Or perhaps you didn't know that Aetna has partnered with Wysa to enhance the already award-winning app for our members. Either way, with three new capabilities to take advantage of, **the time to download Wysa is now!**

Wysa is FREE to Aetna International members

Wysa's benefits for immediate and continuous confidential emotional support include:

- 24/7 conversational support with a text-based chat bot buddy, giving you an anonymous safe space to vent and be heard, anytime, anywhere
- 150+ self-help tools and exercises to develop mental strength and resilience
- A professionally trained human coach when you want a more personal approach

Enhanced capabilities for today's challenges

Given the unprecedented time we currently find ourselves in, mental well-being has never seemed more important. That's why we've added new capabilities to Wysa's already impressive array of benefits.

- 12-week coaching program to help you develop sustained behavioral change through text-based journaling and text messaging and chat sessions with a well-being coach

- Extended access to Wysa for members 13 years of age and above, because we understand life can feel overwhelming for teenagers right now
- COVID-19 focused modules, including:
 - Dealing with uncertainty
 - Anxious about loved ones
 - Managing panic
 - Worried about work
 - Unable to switch off worry

Download Wysa today!

Feelings of isolation, anxiety and fear can take a toll on your overall health. Wysa can give you the mental and emotional support you need. Follow the directions below to download Wysa today.

Step 1: Download the app

Option A

- Scan the QR code with your phone or tablet
- Open your Camera app on your phone or tablet so the QR code appears in the viewfinder. When your device recognizes the QR code and shows a notification, tap the notification to open the link.
- Tap the notification to open the link associated with the QR code.



Option B

Click here to download the app – works for both the Apple store and Google Play
<https://wysabuddy.app.link/aetnamember>.

Step 2: Choose a Nickname

- All your conversations are anonymous, so you shouldn't reveal your real name.

Step 3: If asked, enter the referral code:
Aetna20M5W

Step 4: Begin your path to emotional well-being

Questions?

Want to know more about how Aetna can help you improve your health and well-being? No problem! Just visit [Health Hub](#) to review and access your member benefits or call the number on your Aetna Member ID card and we'll be happy to help.

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