

# Download the Blunovus App!

Proactive Emotional Support Services at Your Fingertips

## What you'll get:



**24/7 instant call and text access to the CARE Center that provides you and your loved ones with:**

- A listening ear to decompress and help manage stress
- Emotional support through challenging circumstances
- Direction to a helpful library of online resources
- Help in assessing therapy needs and resources

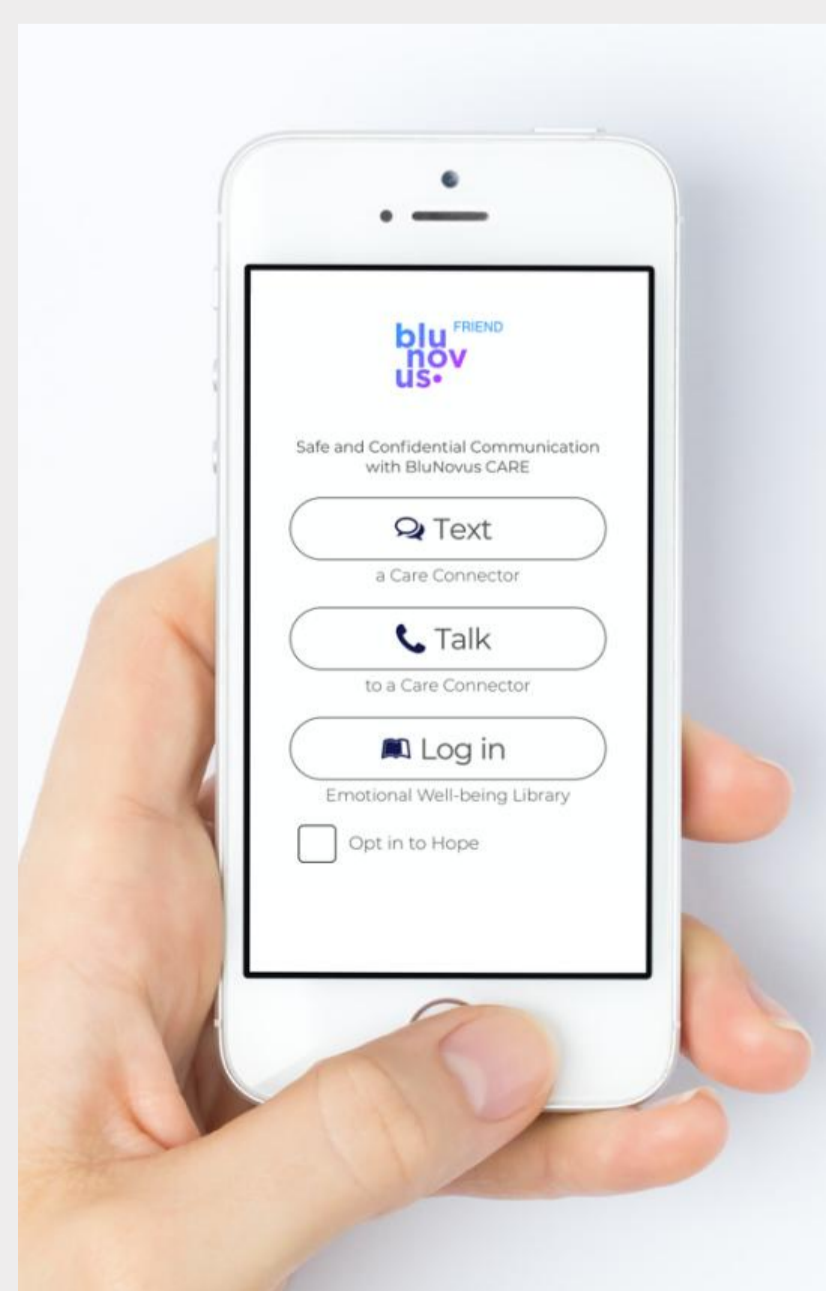
**Access to the Blunovus online Wellness Resource Library containing subject matter expert prepared courses on a variety of topics such as:**

- |                   |                  |                 |
|-------------------|------------------|-----------------|
| • Anxiety         | • Communication  | • Stress        |
| • Relationships   | • Grief and Loss | • Mindfulness   |
| • Substance Abuse | • Resilience     | • De-escalation |
| • Depression      | • Trauma / PTSD  | • Much more!    |



## Getting Started:

Let us know if you need a hand along the way. We are here to help!



1. Search for Blunovus Care on the Android or Apple App Store and download the app.
2. Enter your "Organization Code" (ask your manager—or us—if you don't have this on hand).
3. Press "Log in" to create an account to access the Wellness Resource Library.
4. Enjoy the app!