




Behavioral Health Management



Meru Health offers a 12-week treatment program at no cost to State Health Plan primary members to reduce anxiety, stress, depression and burnout. It combines therapist and psychiatrist support, a biofeedback training device, anonymous peer support, meditation practices and habit-changing activities.

MORE INFORMATION

 833-940-1385

 press@meruhealth.com

www.meruhealth.com/sign-up/cba/ 