

Improve your emotional and physical health in just 10 minutes a day

Are you ready to make healthy lifestyle changes? RxWell has a path for you. This app uses proven techniques that can help you overcome barriers to living a healthier life. You can use the app to get support for stress, anxiety, depression, weight management, family health, tobacco cessation, diabetes management, sleep, nutrition, and physical activity.

Work toward your health and wellness goals

Choose the emotional or physical health management program that matches your needs and goals.

Learn doctor-recommended techniques

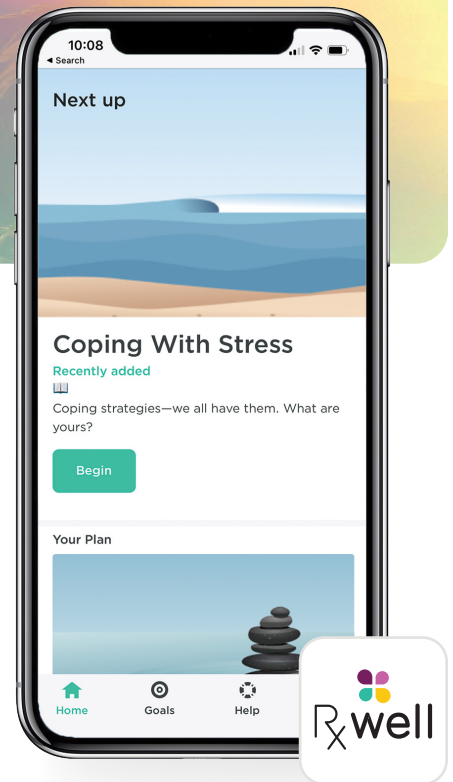
Improve your overall well-being using proven methods.

Visualize your journey

Use the app's tools to identify habits and track your progress toward your goals.

Stay focused

Receive encouragement from a health coach, get a personalized plan, and set goals that work for you



Visit upmchp.us/rxwell on your mobile device to get started.

Take the first step toward improving your emotional and physical health. Download RxWell from the App Store or Google Play™ today!

To access the RxWell app, log in using your member/wellness ID.



Real results

“I am very stressed in my life right now, and the exercises help me relax, focus, and recenter.”
—Rhonda, app user

“Easy, guided activities for mental wellness [that can] be fit into any part of your day.”
—Lauren, app user

UPMC
MyHealth