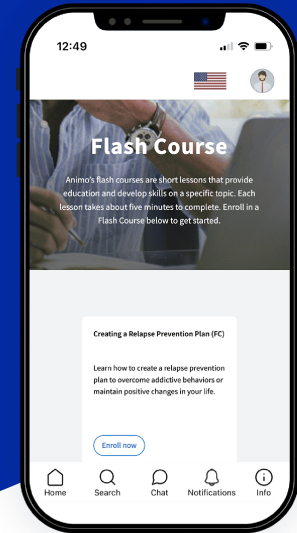
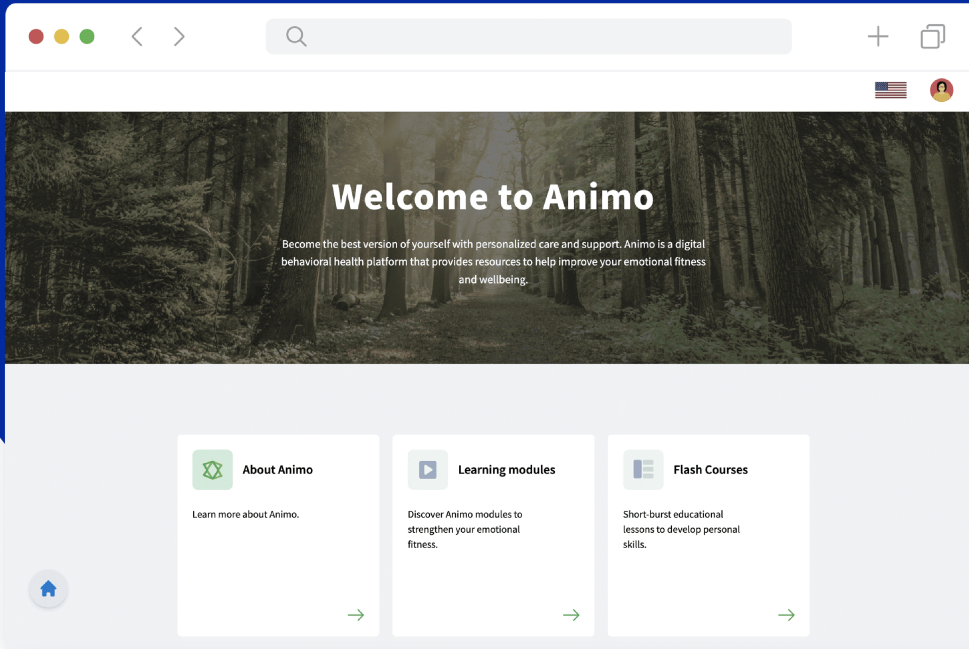




Animo

Discover your inner strength



Animo provides web and mobile tools to help you address stress, depression, anxiety and general emotional fitness in a safe and secure self-guided environment. Complete a brief emotional fitness survey and then choose one of the suggested modules. Each module has five short competency-building sessions that include a combination of videos, audio lessons and coursework designed to help you foster meaningful and lasting behavior change.

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Visit the Animo website, download the mobile app or click the Animo icon on your web portal for confidential, secure access to the full library of modules, including:

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- Phobias
- Stress management
- Depression
- Worry
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