

1. What is cope?

cōpe's vision is to change how you view and live when illness hits, not settling for just enduring—no matter the health challenge you face. Our sole purpose is to ease the path, opening doors to adapt and flourish. We're dedicated to guiding you at every step.

Rooted in scientific knowledge and the wisdom of age-proven practices, we've developed digital, complementary practices that empower you to experience resilience. See for yourself the possibilities that open up when you embrace hope, initiate action and heal from within.

2. Who is cope for?

cōpe is for you or your loved one who is looking to ease the path and build resilience to feel better and heal faster while in treatment or while facing life altering or long-term health challenges.

3. What's included in my membership?

cōpe members get the full cōpe experience expertly created by compassion-trained guides unified in their purpose to help you cope better and heal.

- Experience our formula with expertly designed programs and challenges that guide you to build resilience
- 24/7 access to our entire online library of resilience-building practices
- Participate in our community and live events
- Get new practices, articles and expert interviews every month to your inbox

4. How much does it cost?

You have the option to choose either a monthly (\$9) or you can gift it to a friend or loved one for \$90 for the year or for \$24 for 3 months.

5. How is cope different?

Cōpe stands apart from typical yoga and mindfulness platforms because it was specifically created to build resilience for those navigating the unique trials of life-altering or long-term illnesses. Born from the personal experiences of disillusionment, grief, and loneliness that often accompany such health challenges, at cōpe we meet you where you are so you never feel out of place. Our platform isn't just another wellness tool; it's a sanctuary designed to build your resilience as the key to your journey of healing from within.

Our team of scientists, natural healing guides, somatic therapy experts and practitioners in service of healing, all dedicated to resilience as the path to awakening your body's inner healing wisdom. Choosing cōpe means choosing a practice that not only

acknowledges your unique struggles but also provides a community that truly gets it, where every tool and resource is aligned with your path to healing and resilience.

6. How do I cancel?

You can cancel at any time including before the end of your free trial. Simply go to your account to cancel your membership. Once you cancel, no further charges will be processed and you will continue to have access to cōpe until the end of your paid membership (or free trial, if applicable).

7. is there a free trial?

Yes! Anyone can have FREE 21 Days access to Cope. Simply register **HERE** to start your free access now.

8. Do you have scholarship or sliding scale option?

At cope we believe that justice, diversity, equity, and inclusion are fundamental pillars of a fair and thriving society. We are committed to promoting these values in everything we do, including our scholarship program designed to support BIPOC, LGBTQIA+ and other marginalized individuals. Please reach out directly **HERE** to inquire about options available to you.

9. I Need more help

Need more help? Email us at hello@letscope.org or contact us **HERE**.