



## NEOLTH MONTHLY REPORT

Thank you for choosing Neolth! It's time to check in and see how you have been doing. Below is an overview of your progress. Remember, behavior change takes time. By using Neolth's personalized stress management plans, you are making strides to reducing stress and optimizing your health!

## PRACTICES RECEIVED

- (1) Five Senses: Mindfulness
- (2) Trigger Awareness: Journaling
- (3) Difficult Conversations: Journaling
- (4) 1-2 Breathing: Breathwork
- (5) Positive Self Image: Creative Art

## ADHERENCE RATES

Congratulations, you completed 85% of your scheduled stress management practices. This is a 5% increase from last month. Great job!

## SYMPTOMS & SEVERITY

**Anxiety:** A few times a month

**Chronic Pain:** Once a month

**Chronic Stress:** Once a week

**Insomnia:** Once a month

**Rumination:** A few times a week

## MONTHLY HEALTH STATS

**Physical Health:** Excellent, 5/5 points

**Emotional Health:** Very good, 4/5 points

**Sleep Quality:** Good, 3.5/5 points

**Energy Level:** Very good, 4/5 points

**Stress Level:** Low stress 1/5 points

