







## **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!

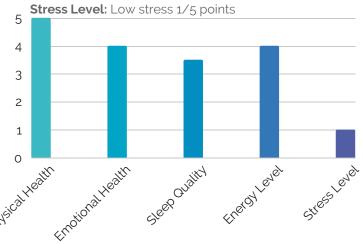
#### **PRACTICES RECEIVED**

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

#### **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



### **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

