



# Healthy Habits Start Here

*Free for CONCERN clients*

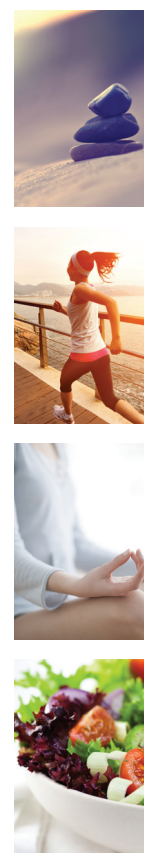
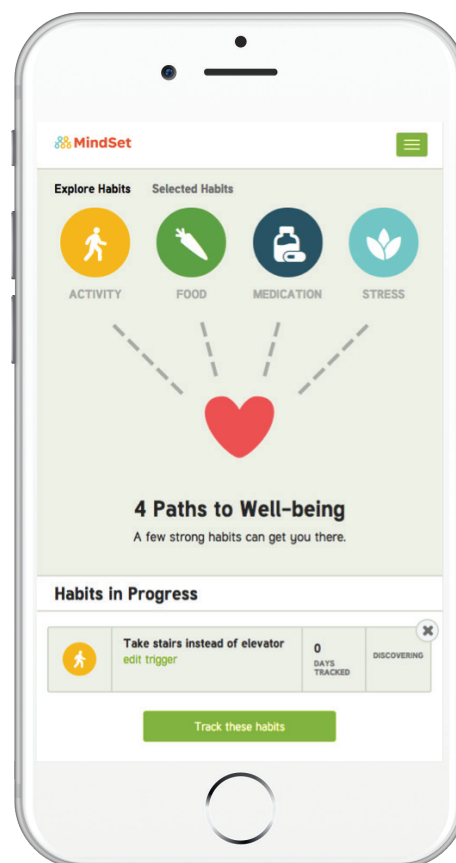
*We've got an app for that.*

MindSet: the good habit app™ helps you turn intention into action and reach your goals. This carefully selected program is free and exclusive for CONCERN clients. It's a science-based habit formation app that can help you take your goals and break them into small, easily managed steps to achieve big results.

## It takes just three easy steps:

- 1. Choose a good habit.** If you want to exercise more, have better nutrition, improve sleep, or manage stress, MindSet™ can help you break down big goals into bite-sized daily habits.
- 2. Attach a trigger.** Use the app to hitch your new habit to something you already do every day to make it automatic. Choose your trigger and the time of day and the app will remind you to take action.
- 3. Track your progress.** Whether you're keeping tabs on your weight, steps, miles, minutes, meditation, or sleep—MindSet™ has you covered through daily text reminders. Integration with your wireless digital health monitors and activity trackers can make things even easier.

Go to [www.concernresiliencehub.com/app-garage](http://www.concernresiliencehub.com/app-garage) and click on MindSet™ to get started. First time users will need to login with their company name.



Looking for more useful information on ways to take care of yourself? Check out the Resilience Hub™. First-time users will have to type in your company name to access the site. [www.ConcernResilienceHub.com](http://www.ConcernResilienceHub.com)



Real help, real experts, real fast.  
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