



## Meet Brook — Your Health Companion

Independent Health strives to provide the resources you need to get and stay healthy. That's why we recommend the Brook app, offering personalized support for staying on track with your health, available every day of the week right on your smartphone.



**"Brook tracks everything in one place. Their team of Health Coaches helped me see connections between my sleep and sugar cravings that I never noticed before. Now I'm sleeping better and have more energy than I've had in years."**

### Here's one more way we're helping you get and stay healthy.

Independent Health knows that good health is created through small, daily decisions. What we eat, how much we move, and the sleep we get all have a significant impact on our overall health. At times, it can be difficult to see how they all fit together.

That's where Brook comes in. When you need help finding connections, setting the right goals, or staying accountable, you can count on the Brook Health Companion app.

#### Brook's app and their team of live Health Coaches support you with:



##### **Personalized Goal Setting**

Find the health goals that are right for you and stick to them with help from Brook's Health Coaches.



##### **Healthy Eating**

Brook's Food Journal is easy-to-use, and their team of dietitians provide simple changes for healthy eating.



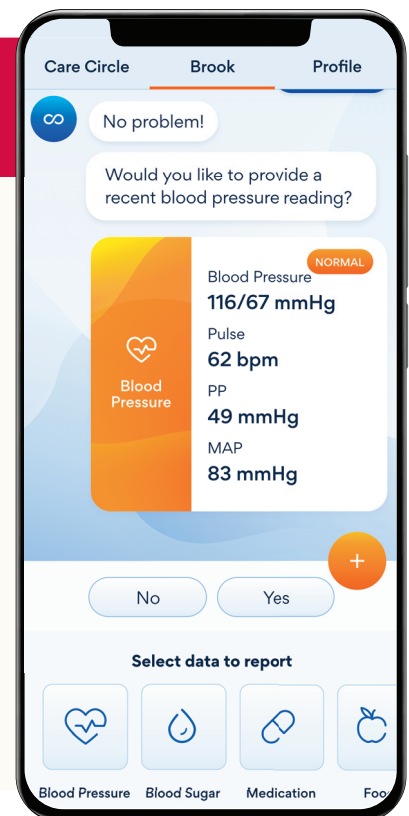
##### **Diabetes & Hypertension**

Learn how daily decisions impact your health and get support for improving your numbers.



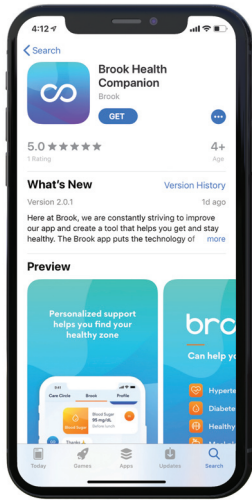
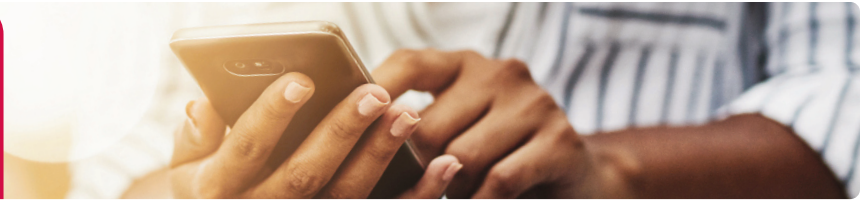
##### **Challenges & Programs**

Reduce stress, try a plant-based diet, or increase your daily activity with Brook's fun and simple challenges.



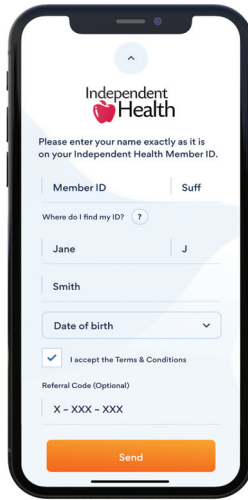
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# Getting started with Brook:



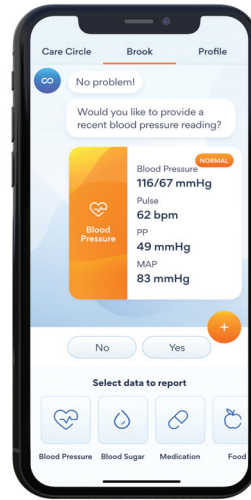
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**Download the app**  
Search "Brook health" in the App store or Google Play and download the Brook Health Companion app.



2

**Set up your account**  
Open the app and follow the instructions to sign up. Enter your member ID from your insurance card for free access.



3

**You're ready to go!**  
Enter data by tapping the + sign, and chat with Health Coaches any day of the year by tapping "Care Circle."

**Brook Health Companion app is FREE** for Independent Health members.\*



## To contact Brook directly for technical questions:

• 1-800-266-4407 • support@brook.health • www.brook.health

brook

Independent  
Health

Independent Health is dedicated to helping you get and stay healthy with the tools and resources you need.

**It's all part of the RedShirt® Treatment.**

\*Non-members of Independent Health can try a free 30-day trial before a monthly subscription fee applies.

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