

MERU HEALTH

WHAT IS MERU HEALTH?

Meru Health is a 12-week digital therapeutic program for treatment of depression and anxiety. The online solution combines licensed therapists and psychiatrists, a smartphone-based treatment program, a biofeedback wearable, habit changing activities and anonymous peer-support groups.

WHO IS ELIGIBLE?

Meru Health is available to Commercial and ACA members in Delaware, Pennsylvania, and West Virginia who are 18 years or older.

HOW DO I REFER A PATIENT TO MERU HEALTH?

You can refer your patient through the [Highmark landing page](#).

CAN A PATIENT SIGN UP ON THEIR OWN?

Yes, they can sign up directly through the [Highmark landing page](#).

MORE INFORMATION

For more information on Meru Health, you can:

- Visit www.meruhealth.com



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