



Hello,

The coronavirus is impacting all of us, especially our valued medical providers who are fighting on the front line.

Some practices are seeing a large drop in volume since patients are staying at home during the outbreak.

We have a solution during this crisis to help patients manage stress, anxiety, depression & pain remotely, increase revenue and keep staff busy.

Engaging with **WellBrain Go's** mindful meditations can help patients better manage their stress, anxiety, and pain during this difficult time. Patients get their login details to access to the **WellBrain Go** app via email when they are added as a new patient. This is completely free to them. If they cant find their welcome email with user/password information, make sure they check their spam folder.

Staff members can conduct the behavioral health monitoring assessment on the iPad with patients over the phone or via tele-health (instead of during an office visit). This pays around \$48 per patient per month. The staff member will essentially click through the iPad questions and answers on behalf of the patient, while on the phone. Once completed, these billable screenings can be submitted for reimbursement at the end of the month.

[Schedule a call to learn more](#)

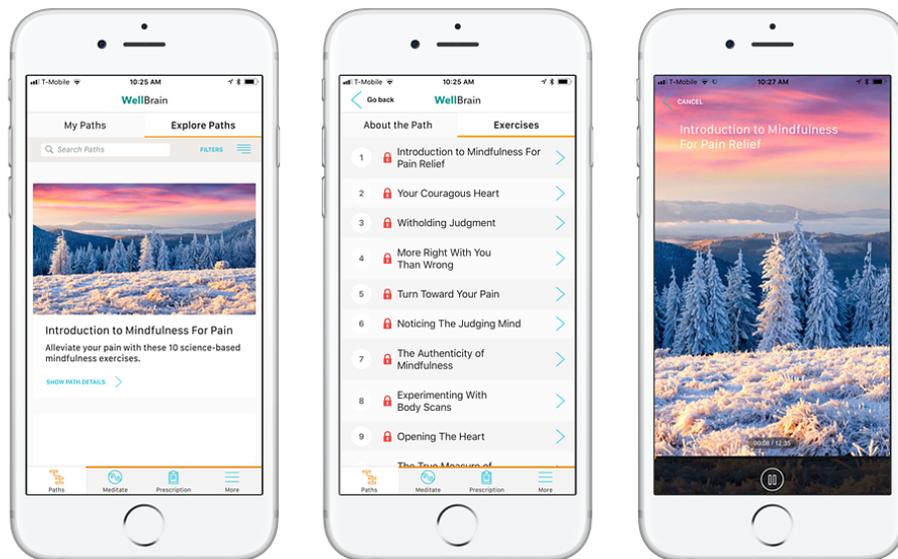
In addition to helping patients and increasing practice revenue, please don't forget to leverage the power of the **WellBrain Go app** yourself, on your phone. Physicians need a mental break too!

Please accept **FREE** access to our guided mindful meditation app **WellBrain Go**. In the app you will find useful tools to help navigate these difficult times. Take advantage of our guided mindful meditation paths. Practicing just 5 minutes of mindfulness has been shown to help us better manage our stress and anxiety, which many of us are experiencing right now. The app also has modules to help with physician burnout, which may become a factor in these trying times.

Download the **WellBrain Go** app on your phone using one of the links below:

Download WellBrain Go for Apple iOS phones

Download WellBrain Go for Android phones



If you have a WellBrain provider login, you can use that to access the WellBrain Go app. Otherwise, use any one of the free user/password combinations below:

User: wellbrain1

Pass: free123

User: wellbrain2

Pass: free123

User: wellbrain3

Pass: free123

User: wellbrain4

Pass: free123

User: wellbrain5

Pass: free123

User: wellbrain6

Pass: free123

User: wellbrain7

Pass: free123

User: wellbrain8

Pass: free123

User: wellbrain9

Pass: free123

User: wellbrain10

Pass: free123

What is WellBrain? More info.....

WellBrain was developed by three pain physicians, specifically to help patients better manage their chronic pain, anxiety, and depression.

In our preliminary study, 1 in 3 patients using WellBrain achieved **at least** a 30% reduction in their pain.

How does WellBrain's mindful meditation help you?

Mindful meditation is like a gym for the brain. By learning how to focus on the moment, mindful meditation can provide you with relief that is almost as powerful as morphine. Practicing mindfulness for just 10 minutes per day can help you change your brain for the better. Functional MRI studies show that practicing mindfulness

has numerous benefits. It can help promote growth of the left prefrontal cortex, an area of the brain which helps us better manage our pain. At the same time, mindfulness has also been shown to decrease activity in the amygdala, the part of our brain that responds emotionally to pain.

Sincerely,

Team WellBrain

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Testimonial

"WellBrain's mindfulness exercises helped me recover from a painful shoulder injury so that I can get back to doing what I love most."

- Garrett McNamara, professional big wave surfer & world record holder for largest wave ever surfed- using WellBrain after flying off a 50-foot wave at Mavericks.

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