



*Are you carrying around the weight of the world on your shoulders?
Isn't it time you gave yourself a break?*

Learn to let go with Relax™, an online health coaching tool provided to you by Mercy Health Plans. Discover techniques that will help relieve your stress.

Relax will provide you with a program uniquely tailored to you, crafted by a team of experts including a physician, a health coach, and a psychologist. Just like a good health care team, your virtual experts will get to know you by interviewing you. Then, based on your responses, you will receive a personalized stress management program. Your program will focus on your unique needs: your motivation, your confidence, your sources of stress, your stress symptoms, your barriers, and more.

Even better than a “live” healthcare team, you will have access to Relax™ anytime, anywhere online!

Your Relax program includes:

- Your Personalized Plan for Success
- Relaxation Videos for your iPod™ or BlackBerry®
- Stress Symptom Tracker
- Time Management Tool
- And so much more!

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ST. JOHN'S
POWERFUL MEDICINE