



# Brook Helps You Stay Healthy at Home



At Independent Health, we care about the health and well-being of our community and beyond. With more of us being asked to stay home, keeping up with a healthy lifestyle has become a challenge.

**Good news! Brook is here for you.**

The Brook Personal Health Companion can help you stay healthy in times of changing schedules or periods of stress, and continue simple daily habits that support a healthy immune system.



**The Brook Personal Health Companion can help you with:**

- Answers to your COVID-19 questions
- Supporting healthy immune function
- Stress management
- Staying active at home
- Simple, healthy home cooking
- Concerns about sleep
- Managing blood sugar and blood pressure

**Independent Health is offering FREE access to the Brook Personal Health Companion app to everyone in Western New York!**

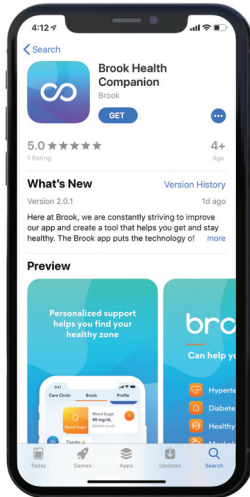
While many of our plans already include Brook as a FREE member benefit, we are now offering **FREE** access to Brook for **non-members** during this health crisis.

Invite your friends and family to download Brook so they can also benefit from everything that Brook has to offer.

# Getting started with Brook:



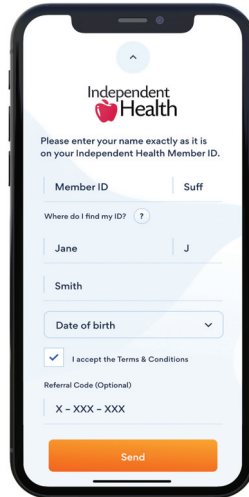
Independent Health is providing the Brook Personal Health Companion app **FREE** to our entire community during this challenging time.



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### Download the app

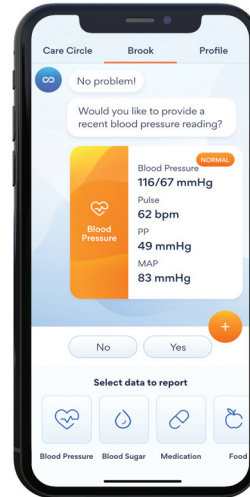
Search "Brook health" in the App Store or Google Play and download the Brook Health Companion app.



2

### Set up your account

Open the app and follow the instructions to sign up. Enter your member ID from your insurance card (if you have one).



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### You're ready to go!

Enter data by tapping the + sign, and chat with health experts any day of the year by tapping "Care Circle."



### To contact Brook directly for technical questions:

- 1-800-266-4407
- TTY: 711
- support@brook.health
- www.brook.health

Brook's Expert team of dietitians and health educators are here to help you – providing relevant, accurate, and actionable support you can trust.

They are available to chat 7 days a week, from the comfort and safety of home, no appointments or phone calls necessary.

**You Deserve the RedShirt Treatment®**

brook

Independent  
Health

Brook is not a replacement for primary care. Members will be referred to their doctor's office as appropriate to address medical issues.

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