

Brook Personal Health Companion

Covid-19 Support & Stress Management Program

brook

Personal Health Companion

Stressed about stress? **Brook can help.**

Why focus on stress

Changing times are adding stress to our lives in new ways. It's more important than ever to manage stress to keep our bodies and minds healthy.

Our approach

At Brook, we take a holistic approach to health. We focus on helping you build the necessary skills to handle stress, while simultaneously improving and maintaining other aspects of your health and wellness.

What sets us apart

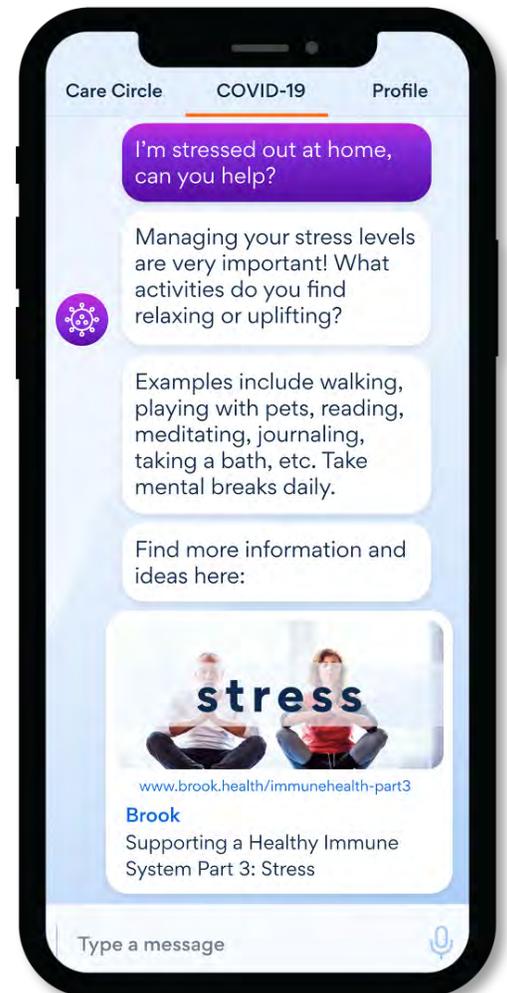
You get access to our team of Brook Experts - registered dietitians, licensed therapists, and health coaches - 7 days a week, no appointments or phone calls necessary.

Personalized support

Brook's Experts help you discover what works best for you. They provide resources, support, motivation, and accountability tailored to your needs.

Our stress program

A 4-week program that provides clear, practical guidance to implement stress management into your daily life, anywhere, anytime, pandemic or not.



Remote

Right on your smartphone



Responsive

Available 24/7



Relevant

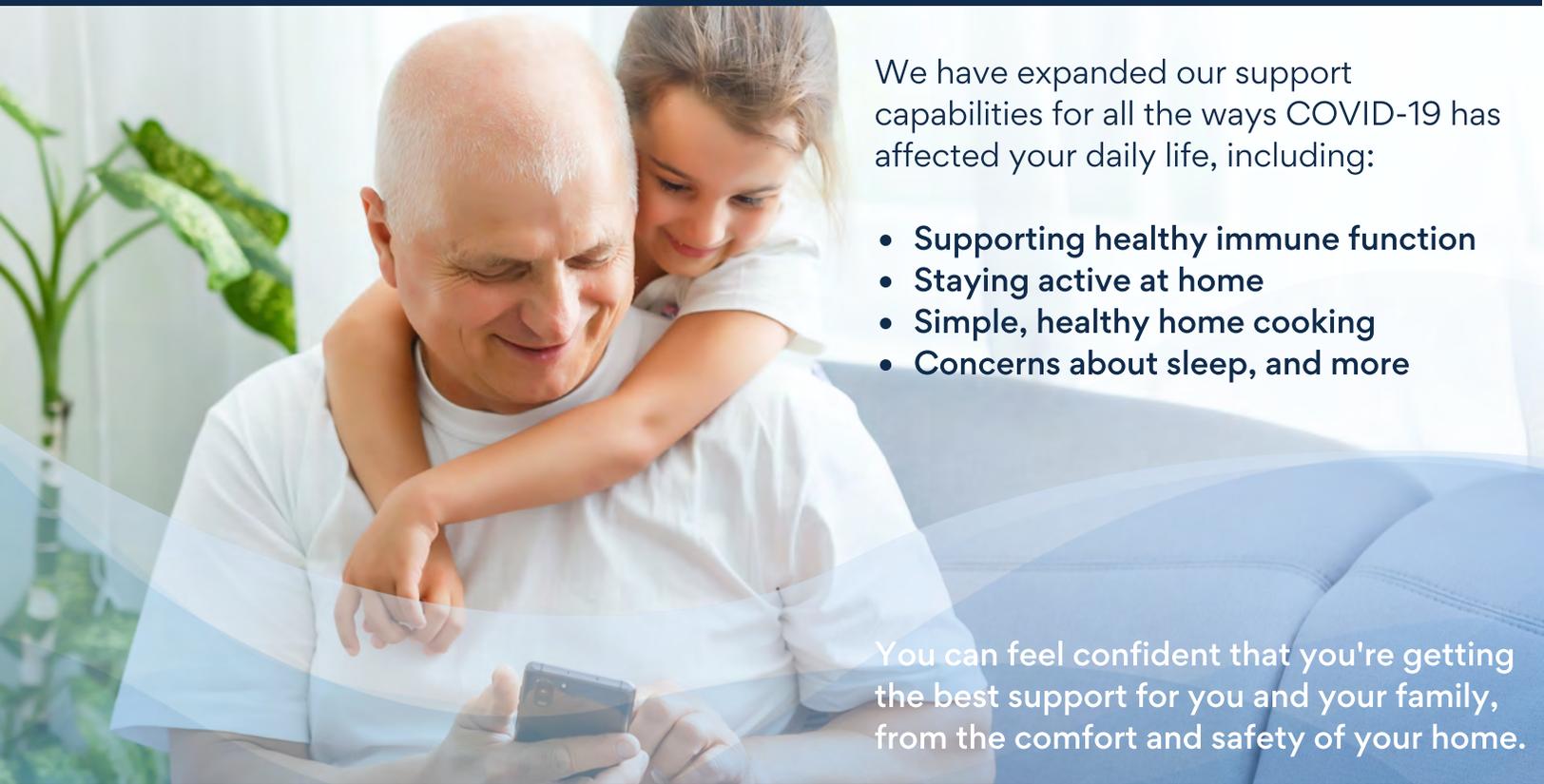
Personalized and up-to-date



Reliable

Created by health professionals

COVID-19 Support



We have expanded our support capabilities for all the ways COVID-19 has affected your daily life, including:

- Supporting healthy immune function
- Staying active at home
- Simple, healthy home cooking
- Concerns about sleep, and more

You can feel confident that you're getting the best support for you and your family, from the comfort and safety of your home.

Stress Management Program

We know it can be challenging to understand stress, and figure out how to manage it. Brook can help you find what works best for you.

Brook Experts will guide you through a 4 week program, covering:

- Overview of stress, coping strategies, and goal setting
- Healthy habits, self-care, and improving sleep
- Meditation and mindfulness
- Nutrition, mood, and planning for managing future stressors

You can continue using Brook once you complete the program to support your health and wellness needs.

Join the thousands of people already using Brook to manage stress, reach health goals, and improve their overall health.

[Sign up for the app](#)

Independent Health has partnered with Brook to bring the entire Western New York community free access to the Brook Personal Health Companion App for the duration of the COVID-19 health emergency.