

Digital Emotional Wellbeing

The Digital Emotional Wellbeing program, powered by NeuroFlow, helps strengthen your mind-body connection. Available via the Onward mobile app and your member website, this program provides activities and education for overall wellbeing.

Key features:

- Complete activities such as breathing exercises, meditation or journaling.
- Track mood, sleep, stress and pain.
- Sync with other trackers like Fitbit, Garmin and MyFitnessPal through Apple Health or Google Fit.

Learn how to cope with and manage the effects of:

- Anxiety and stress
- Attention-Deficit Hyperactivity Disorder
- Chronic pain
- Depression
- Grief and loss
- Sleeplessness
- Substance use disorders

Within the Digital Emotional Wellbeing Program, access digital cognitive behavioral therapy (CBT) modules and journeys for adults and youth.



CBT: Anxiety



CBT: Chronic Pain



CBT: Depression



CBT: Insomnia



CBT: Substance Use



ThinkHero℠ for anxiety symptoms (ages 6 – 12)



ThinkWarrior℠ for anxiety symptoms (ages 13 – 17)

Scan the QR code to visit www.inova.org/eap or call your Inova Employee Assistance Program at 1-800-346-0110 (TTY 711) to get started.