

# iPrevail

Anywhere Based Care<sup>®</sup>

**Smart wellness programs with a human touch.**

Get mental health support 24/7 with on-demand coaching, lessons, and more.



## We could all use a bit of support!

This year has been unprecedented and tough on us all. iPrevail is designed to help you build better mental resilience and more productive thought habits that help you navigate daily stress.

100% Private and HIPAA Compliant

## How Does It Work?

### **Take a health assessment.**

We learn about your unique needs and lifestyle situation to help identify your needs.

### **Then we create a customized program just for you.**

Our approach delivers a combination of videos, articles, practice activities, chats, and message boards to deliver content that's perfectly tailored to your needs and preferences.

### **You will learn proven techniques.**

Developed based on science and proven through multiple clinical trials.

### **Our coaches are there every step of the way.**

With iPrevail you always have access to a human connection that offers insight, a warm welcome, and friendly accountability.

### **Earn reward points as you complete activities.**

These points can be cashed in for cool rewards, like Amazon gift cards.

### **Getting Started is Easy and Free!**

Create an account at [lacounty.iprevail.com](https://lacounty.iprevail.com)



LOS ANGELES COUNTY  
DEPARTMENT OF  
MENTAL HEALTH  
hope. recovery. wellbeing.

FOR  
ACCESS  
TO

iPrevail