



## MINDco. Health Virtual Stress & Smoking Cessation Support



### Access Details:

MINDco. Health offers smoking cessation and stress relief for everyone in the comfort of your own home.

You can get started today by calling MINES or by visiting:  
[www.minesandassociates.com](http://www.minesandassociates.com)

1. Click “Access Your EAP Services”
2. Click “PersonalAdvantage”
3. Sign-in or register with your company code.
4. Click on the “MindCo” tile to get your kit!

\* Your company code is used to register for online profiles as well as complete online intake requests. If you do not know your company code, please call MINES for assistance.

### Stress Relief & Smoking Cessation Support in Your Own Home!

MINDco., available to you through MINES EAP, is a CBT (Cognitive Behavioral Therapy) based program designed to help you in your personal wellness and mental health goals. With programs for both stress relief and smoking cessation, MINDco. offers one of the most effective and private programs available to help you quit smoking and train your mind and body to reduce and control stress.

Powered by VR-Met (Virtual Reality - Mindfulness Exposure Therapy) technology, MINDco. helps you change unhealthy habits and behaviors, and train your brain when and where you want. All clinically validated with studies co-authored with researchers from John Hopkins University.

- **What do you get?** – Upon enrollment, you will receive a comprehensive VR kit that includes the necessary equipment for your virtual reality experience. The kit utilizes any smartphone to create the VR environment. Additionally, you will be provided with a detailed instruction manual and accompanying accessories to enhance your experience.
- **Virtual Training** – Engage your mind through a blend of Virtual Reality scenarios, educational content, and relaxation sessions. Immerse yourself and challenge your cognitive abilities as you experience the power of Virtual Reality as you train your brain with an array of stimulating and enriching activities.
- **Digital Follow Up** – Utilize our mobile app to conveniently track your progress, connect with others by sharing your experiences, and gain access to personalized data. Monitor your growth, foster a sense of community by exchanging insights with fellow users, and explore detailed analytics that and valuable insights.
- **Human Coach** – Our certified therapists offer guidance, motivation, and clinical expertise to ensure your active participation and support throughout the program. Trust their expertise to enhance your experience and achieve your goals.

Please contact MINES with any questions about this service, if you need help accessing the service online, or if you have any questions about any of your other EAP resources including free and confidential counseling, wellness coaching, and much more. We are here to help!

**Free & Confidential support!**  
**Call or log on today to get started at:**  
**1-800-873-7138 or visit**  
**[minesandassociates.com](http://minesandassociates.com)**

*This guide is for informational purposes only. Call MINES for complete details.*

