

Personal Coaching for Better Emotional Health



St. Lucie Public School employees are eligible to sign up for free!

Meru Health's Coaching Program

- An eight-week, app-based program that pairs you with a licensed emotional intelligence coach to guide you on your path
- Your dedicated coach provides continuous support via video calls and unlimited in-app chat
- Interactive lessons and practices help you reach your goals, with new content updated daily
- Learn important skills and strategies to help you reduce stress and burnout, increase resilience, improve well-being, and become your best self

This benefit extends to all household members, plus dependents living outside the home (up to age 26). Must be 18+ to sign up.

Scan the QR code or visit meruhealth.com/rfl to learn more or get started.

