



**Renaissance**  
DENTAL • VISION • LIFE • DISABILITY



## Tailored Support for Your Well-Being Journey

Your journey to well-being starts here—customized support, expert coaching, and guided resources, all tailored to your unique needs.

### Customized Resources

Find support tailored just for you with Bree Health’s Solutions Paths. Whatever life brings your way—stress, relationships, career changes, or just a desire to boost your well-being—Bree Health’s personalized approach connects you to resources, tools, and guidance designed to help you thrive.

### What Are Solutions Paths?

Solutions Paths are guided, customized journeys created to address your unique needs and goals. By choosing a category or typing in a personal challenge, Bree Health’s AI Branching technology builds a Solutions Path that fits where you are today, bringing together helpful resources and support.

### Solutions Paths Can Support You In:

- ✔ Career & Education
- ✔ Family & Relationships
- ✔ Spirituality & Religion
- ✔ Finances
- ✔ Physical Health
- ✔ Mental Well-Being



#### Personalized Guidance

Solutions Paths offer curated resources—including articles, videos, and podcasts to help you tackle life’s challenges with confidence.



#### Areas That Matter Most

Find support in areas like mental health, personal growth, family, finances, and physical well-being. No matter your focus, there’s a path that’s just right for you.



#### Track Your Progress

Stay motivated as you see your progress on completing resources and experience growth toward your well-being goals.



#### Weekly Happiness Boosts

Keep motivated and uplifted with encouraging messages from the Bree Health coaching team, designed to brighten your week.



#### Easy Access to Expert Coaching

When you’re ready, connect seamlessly with certified coaches specializing in stress management, career guidance, and more. Choose a format that fits your comfort, from live chat to video sessions.



#### Bree Health Video Library

Access guided meditations, relaxation exercises, and educational insights, all tailored to uplift and support your journey.

(800) 327-2255

[login.breehealth.com](https://login.breehealth.com)

Mobile App: Bree Health



## PERSONALIZED SUPPORT FOR EVERY STEP OF LIFE'S JOURNEY.

### How to Get Started

- Log in to Bree Health.
- Choose a category that resonates with you, or type in a specific challenge. Bree's smart AI will create a Solutions Path filled with the resources and support you need.
- Explore your customized path and track your journey toward a balanced, empowered life.

### Discover a New Approach to Well-Being

Log in to the Bree Health portal and let Solutions Paths guide you to a healthier, more fulfilling life. Start your journey today!



Download the app by scanning the QR code or find the Bree Health App on the Apple App Store or the Google Play Store.

