



Bree
HEALTH

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

How to Get Started

- Log in to Bree Health.
- Access personalized Solutions Paths, one-on-one coaching, a Video Library with meditations and educational content, and self-guided tools like articles and podcasts—all designed to support your well-being journey.
- Explore your customized paths 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.

