



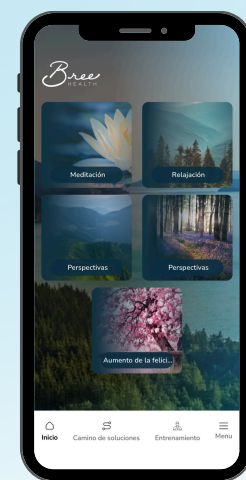
On-Demand Support for Your Mind & Mood




Bree Health’s Video Library is your go-to destination for quick, effective well-being support—anytime you need it. Whether you’re looking to unwind, reset your mindset, or learn something new, our video content is designed to support your emotional, mental, and motivational well-being in just a few minutes.

- **Guided Meditations:** Center yourself with calming, voice-led meditations designed to reduce anxiety and improve focus.
- **Relaxation Videos:** Let go of tension with soothing visuals and sounds—including nature scenes and Solfeggio frequencies.
- **Insights:** Discover expert-led videos covering real-life topics like managing stress, setting goals, improving focus, and building healthy habits.
- **Mindfulness Practices:** Explore videos that guide you through mindful practices, plus brief motivational clips to uplift and inspire your day.
- **Motivational Boosts:** Watch quick, uplifting clips from Bree Health coaches designed to inspire positivity and keep you moving forward.

Stream well-being videos anytime through the Bree Health mobile app.



 (800) 327-2255

 login.breehealth.com

 Mobile App: Bree Health