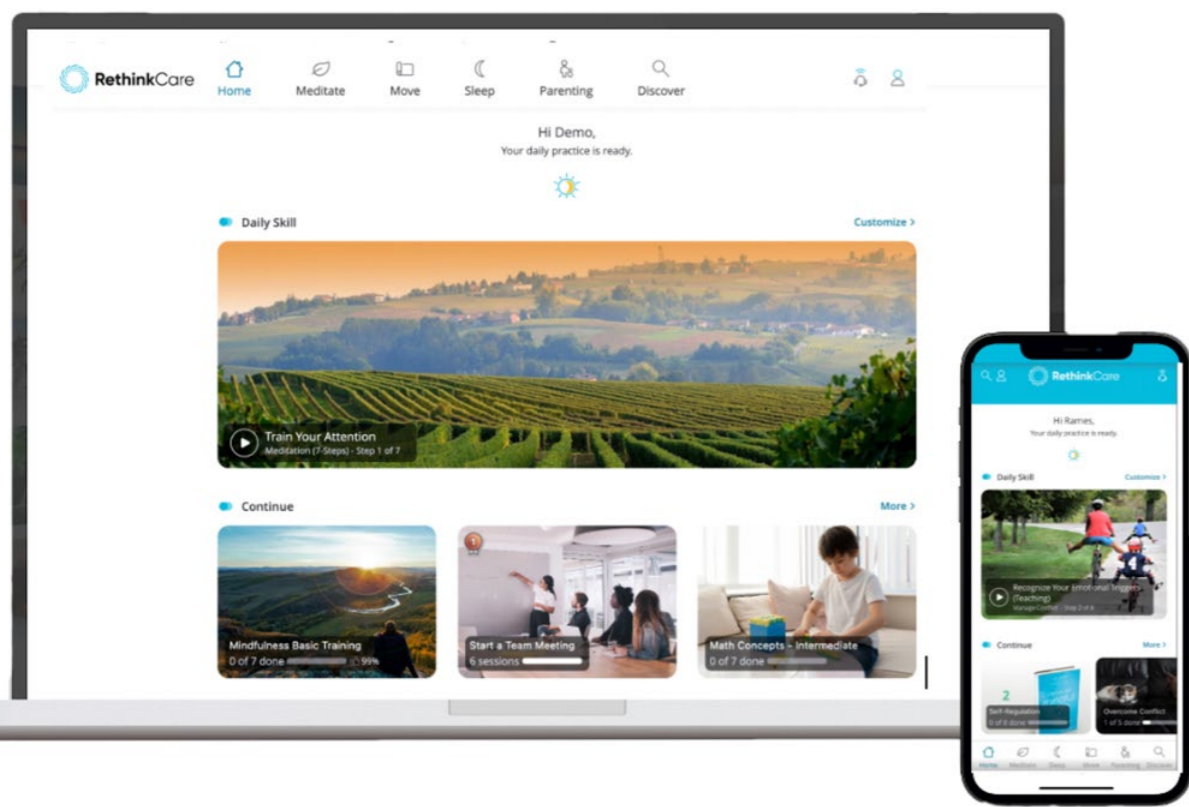


WELCOME TO



RethinkCare



REGISTER TO GET STARTED!

Step 1

Scan the QR Code



Step 2

Download RethinkCare from

- The App Store
- Google Play

Enter your CCPS login credentials



Step 3

Start your sessions from

- Your desktop,
- Android,
- iOS app.

RethinkCare is the leading digital well-being solution to help faculty and staff reduce stress, increase resilience, and improve their focus, sleep, and performance.

RethinkCare has 250+ digital mini-courses covering a wide array of mental & emotional well-being topics.

Get ready! Take just five minutes a day to change your life.

In over 4,500 clinical studies, participants were able to reduce their stress and improve their overall well-being. There are tremendous healing benefits from learning to calm the mind and relax the central nervous system.

**YOUR APP HAS
LAUNCHED!
FOLLOW THE 3 EASY
STEPS TO GET
STARTED!**

For more information please contact:

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