

**illumio**

Non-US Employees

# nivati®

Free Mental Health and Wellbeing  
Benefits for you, and for your family.

[www.app.nivati.com](http://www.app.nivati.com)



## LIVE SESSIONS

- Confidential, virtual, 1-on-1 sessions
- Family and couples counseling
- Mental health, life coaching, yoga, fitness, finance, nutrition, meditation
- Scheduled around your availability
- Use filters to select your provider

## CONTENT

- 24/7 access to wellbeing content
- Videos, pre-recorded webinars, and written resources
- Meditations, yoga sessions, fitness classes, financial trainings, and more!

## CRISIS CARE

- Talk to a licensed counselor 24/7 via chat or phone in the Nivati platform

## ACCESS NIVATI

### 1. Get Started

Log in to [app.nivati.com](http://app.nivati.com) with your organization email or click the Nivati tile on your SSO page.

### 2. Explore your Benefits

Book Sessions under Booking, Watch Videos under Content Library, and access 24/7 care under Crisis Support.

### 3. Share the Love

Your family and coworkers also have access to Nivati. Share your experiences and encourage them to dive in!

## REAL RESULTS

“My experience with Nivati has been amazing, in fact life changing. I really feel like there is hope, that healing is on the horizon and it's all thanks to my provider!”



**ADD YOUR FAMILY  
MEMBERS HERE**



Or email [support@nivati.com](mailto:support@nivati.com)  
to add your family members

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