



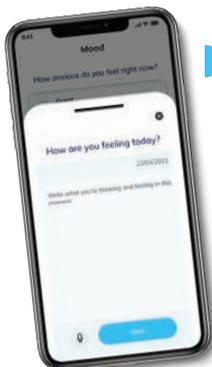
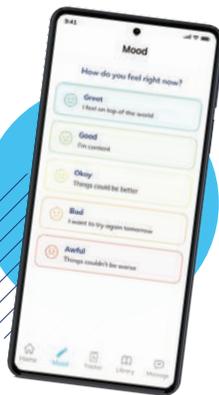
ROSE HEALTH:

YOUR MENTAL WELLNESS HUB

With Rose and your care team, you can build the skills needed to create a happier and healthier you!

How do you become the best version of yourself?
Start by building a wellness habit with Rose.

1 Check in.
Take a moment to connect with yourself. Choose how you're feeling today and track your journey. Understanding your emotions is the first step towards feeling great.



2 Journal.
Whether it's a few lines or a detailed entry, jot down your thoughts or upcoming events. Organizing your mind is key.



3 Grow and Learn.
Spend 5-10 minutes daily investing in your growth. Reflect on your mood check-ins and journal entries while exploring the content library:

- Over 1000 articles and videos
- Mindfulness activities
- Video shorts

This knowledge becomes your secret weapon for a mood lift when you need it most.



4 More Support.
Instantly connect by tapping the "Need to Talk" button in the app for immediate assistance.

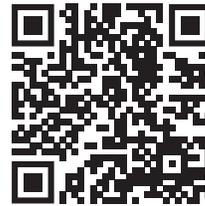


5 Last Thing!
Activate your notifications! Stay in the loop with messages from your care team. Get a daily motivational boost from Rose and never miss your check-in reminder from your doctor.



GET STARTED TODAY:

1. **Download the Rose App:** Search and download "Rose Youth" from your app store.
2. **Get Verified:** Enter the 4-digit code provided to access all features.
3. **Complete Initial Assessments:** Share honest feedback to track your progress.
4. **Check-In Daily:** Record your mood and journal your thoughts regularly.
5. **Explore Diverse Content:** Access Wellness Shorts, Articles, Videos, and Meditations.



Your personal code

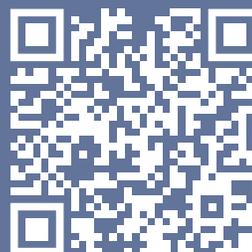
**To scan, simply open the camera on your phone and hold it over the image above. You can also download the app by searching for "Rose Youth" in the app store.*

Join the Caregiver Portal and Support Your Child's Mental Wellness!

Be sure to complete the 90-day assessments in the portal. Your input through clinical assessments is key in tracking progress and shaping personalized care plans tailored to your child's needs.

Click on the QR code to the bottom right and follow the instructions below to setup your Rose Youth Caregiver Portal. Make sure when connecting to your child's account that you see the correct email they registered their account with.

1. **Navigate to:**
<https://youth.rosehealth.com/caregiver-landing>
2. **Getting Started:** Select "I am a new user".
3. **Create Account:** Complete all appropriate fields with your information including your email address/username and password then click "Enter Child Details".
4. **Enter Child Details:** Enter the email address that is associated with your child's Rose account and click "Complete Sign Up".
5. **Complete Sign In:** Once completed, you will be returned to the sign-in screen to log into your new account.
6. **Feel Confident:** Know that you are taking steps to support your child in their mental wellness journey.



**Scan the code to the left or enter the provided URL to set up your caregiver portal.*