

New Digital Wellness App



A PAS integrated tool with proven techniques to improve your emotional and physical wellbeing. Download RxWell from the Apple App Store or Google Play today!

Complete a personal assessment and choose from several evidence-based learning and skill building programs including:

- Anxiety
- Depression
- Stress Management
- Healthy Eating
- Weight Management
- Physical Activity
- Tobacco Cessation

Start to feel measurable improvement and find in-the-moment relief with proven techniques:

- Daily practice - cognitive/behavioral and mindfulness techniques
- Practice new skills 3-5 times a week for 5-15 minutes
- Record and track your physical activity, nutrition, weight, and sync with your wearable device
- Identify patterns in feelings and behaviors over time

