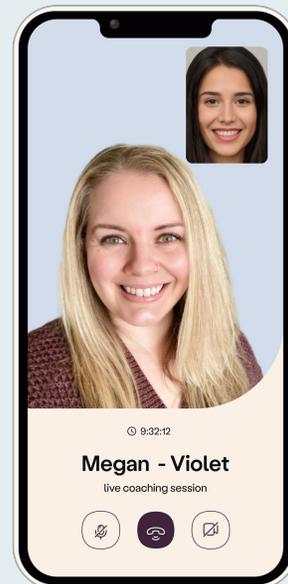
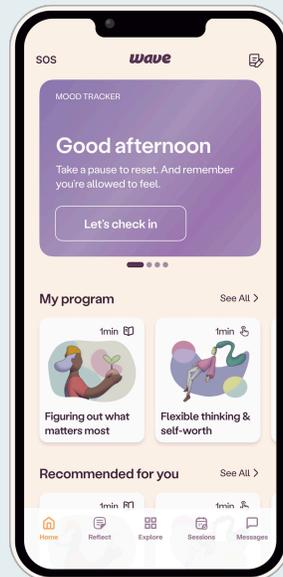


Whole-person mental health care that works, **when & where you need it.**



FREE Access to Wave

for ATU Members

- ✓ Self-Guided Program: Receive a program of care tailored for your needs and goals.
- ✓ 1:1 Provider Sessions \$90/session with code: **ATU25**
- ✓ Text My Provider Program: Asynchronous messaging with a Wave provider
- ✓ Content Library: A collection of psycho-education materials and practical exercises for skill-building.
- ✓ AI Reflection Suite: Analyze your journaling and mood patterns, to deliver personalized insights.

Wave Provides:

- Whole-Person Support: Mental and physical health, relationships, and financial wellness.
- Easy Access and Engaging Care: Wave fits into your schedule, when & where you need it.
- A 24/7 Digital Toolkit: Exercises and interventions for wraparound support.

Watch Intro Video

How to Get Started:

1. Download the Wave App.
2. Select **"My Employer"** and enter code **ATU25**
3. Create your account.
4. Explore your program or schedule a session.

