



# WELCOME TO



# RethinkCare

## REGISTER TO GET STARTED!

### Step 1

Scan the QR Code



Verification code: RiverheadCentralSchoolDistrictWhil

### Step 2

Download

Rethink Care  
from the App  
Store or Google  
Play.

Enter your login  
credentials and  
district  
verification code:

Verification code:

Verification code: RiverheadCentralSchoolDistrictWhil

### Step 3

Start your sessions  
from your desktop,  
Android, or iOS app.

Rethink Care is the leading digital wellbeing solution to help adults 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 wellbeing. 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!**