



# A new self-help tool to help you get back on your feet when you are disabled.

If you are disabled and unable to work, it can be challenging both physically and emotionally. Prudential is here to help by providing access to NeuroFlow—a mobile application to help support you if you become disabled.\*

## NeuroFlow provides useful self-help tools and resources for self-care, such as:

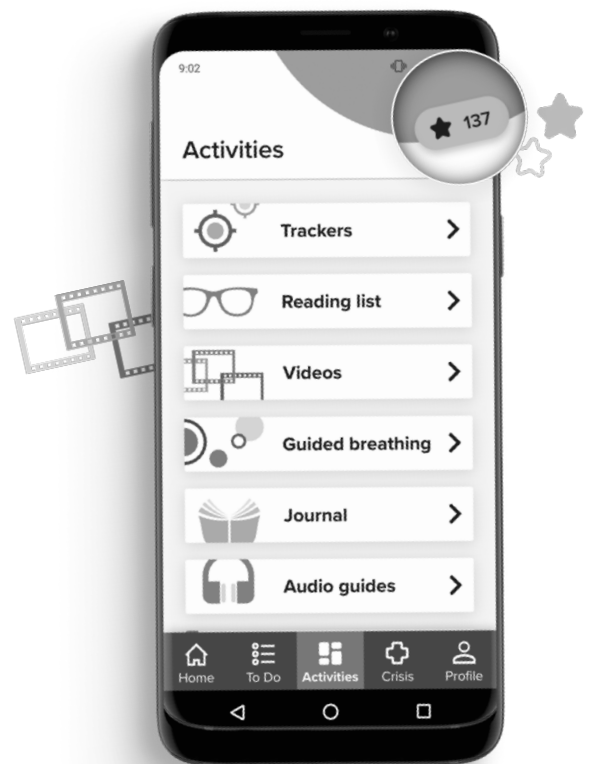
 Self-help exercises to help manage stress and build strength:

- Track your mood, sleep, and pain
- Utilize journaling and breathing guides
- Access helpful video and audio resources
- Build mental wellness skills and habits

 In-app encouragement to stay on top of your goals and track your progress.

## Access to NeuroFlow is for eligible and approved disability claims by invitation only.

If your disability claim is eligible and approved<sup>1</sup>, more information regarding how to access NeuroFlow will be included with your decision letter. The NeuroFlow app can be downloaded to your mobile device.



<sup>1</sup> Access to NeuroFlow may not be available for certain approved disability claims, such as pregnancy, and for some surgeries such as gall bladder and hernia. This is not an exhaustive list of claim types.

\*If approved, you will have access to NeuroFlow (at no additional charge to you) until the earlier of one year from the date your claim is approved or three months after your claim ends. The NeuroFlow App and any related resources or services are provided by NeuroFlow®, a third-party entity that is independent from Prudential Financial, Inc. (“Prudential”) and its subsidiaries. NeuroFlow®, Prudential, and Prudential’s subsidiaries are not crisis intervention service providers or medical service providers. Accordingly, any resources or services provided by either entity or through the NeuroFlow App are not intended to provide medical advice or a crisis intervention service, and are not intended to diagnose, cure, prevent, advise on and/or treat any disease, disorder, illness, crisis, or condition.

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