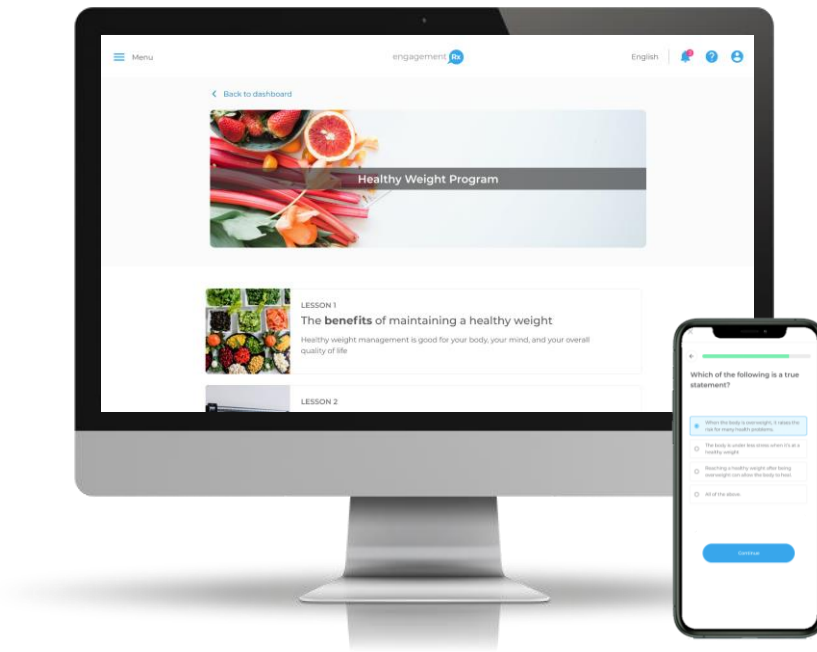


Changing habits is hard. **We make it easier.**



People just like you are transforming their lives every day with Avidon. Scan the QR code to get started.

- **Comprehensive Courses:** 25+ programs targeting stress, sleep, fitness, weight management, nutrition, substance use, & more.
- **Engaging Challenges:** Build momentum and stay inspired with monthly wellness challenges that turn healthy habits into fun experiences.
- **Curated Resources:** 700+ articles, videos, and audio guides designed to inspire and inform.



or visit member.avidonhealth.com

All Your Health Goals, One Simple Solution

From sleep to stress, nutrition, parenting, productivity, healthy aging, and beyond—Avidon's comprehensive cognitive behavioral programs, wellness challenges, trackers, and engaging content empower you to thrive.



Start Your Wellness Journey!

1. Scan the QR Code or Click [the Link](#)
2. Log In or Create Your Account
3. Pick a Course or Challenge & Begin



AVIDON HEALTH





Ready to Transform Your Health?

Want to feel your best, every day?
From stress to nutrition, sleep to fitness, Avidon provides comprehensive cognitive behavioral programs, wellness challenges, and trackers that empower lasting health.



Achieve Your Health Goals!

1. Scan the QR Code or Click [the Link](#)
2. Log In or Create Your Account
3. Pick a Course or Challenge & Begin



AVIDON HEALTH

Find Your Calm, Build Your Strength

Ready to experience more calm and resilience? Avidon's cognitive behavioral programs, wellness challenges, and trackers help you proactively nurture your mental and emotional health.

Your Path to Emotional Health

- Make meaningful changes daily
- Be proactive with self-care
- Discover your purpose

Boost Your Wellbeing Now!



1. Scan the QR Code or Click [the Link](#)
2. Log In or Create Your Account
3. Pick a Course or Challenge & Begin



AVIDON HEALTH

From Stress to Refreshed

Stress doesn't have to control your day. Avidon's powerful self-guided courses, wellness challenges, trackers, and expert content give you practical tools to quickly lower stress, build resilience, and feel calm again.

24/7 Stress Support

- Identify your stress triggers
- Learn effective coping strategies
- Build lasting resilience- Practical steps to managing stress

Start Feeling Better Now!



1. Scan the QR Code or Click [the Link](#)
2. Log In or Create Your Account
3. Pick a Course or Challenge & Begin



AVIDON HEALTH



Eat Smarter, Feel Better

Only 9% of adults get enough veggies. Avidon's cognitive behavioral training, wellness challenges, and trackers make healthy eating simple, realistic, and sustainable.

Start Eating Better Today!



1. Scan the QR Code or Click [the Link](#)
2. Log In or Create Your Account
3. Pick a Course or Challenge & Begin



AVIDON HEALTH

Stop Tossing, Start Sleeping!

Struggling with sleepless nights? Avidon's cognitive behavioral programs, wellness challenges, trackers, and content help you break the insomnia cycle and finally get restful sleep.

Better Sleep Starts Here

- Understand why you struggle with sleep
- Discover sleep-friendly nutrition tips
- Create habits that restore restful sleep

Unlock Better Sleep Tonight!



1. Scan the QR Code or Click [the Link](#)
2. Log In or Create Your Account
3. Pick a Course or Challenge & Begin



AVIDON HEALTH



Get Energized... YOUR Way!

Tired of feeling tired? Avidon's powerful self-guided courses, wellness challenges, health trackers, and motivating content help you transform exercise from a chore into something you enjoy.

Energize Your Life Now!



1. Scan the QR Code or Click [the Link](#)
2. Log In or Create Your Account
3. Pick a Course or Challenge & Begin



AVIDON HEALTH



Break the Cycle, Take Back Your Life

Recognize emotional triggers and learn strategies to break free of substances. Avidon's cognitive behavioral programs, wellness challenges, trackers, and content give you actionable steps to regain control.

End the Dependence



1. Scan the QR Code or Click [the Link](#)
2. Log In or Create Your Account
3. Pick a Course or Challenge & Begin



Clear the Air – Quit for Good!

Ready to finally break free from nicotine? Avidon's proven self-guided cognitive behavioral programs, wellness challenges, and supportive content help you crush cravings and reclaim control.

Quit Nicotine on Your Terms

- Overcome cravings without feeling deprived
- Recognize and reframe smoking triggers
- Destroy self-defeating thoughts

Quit Today!



1. Scan the QR Code or Click [the Link](#)
2. Log In or Create Your Account
3. Pick a Course or Challenge & Begin



AVIDON HEALTH

Ready to Rethink Your Drink?



Rewire Your Relationship with Alcohol

Worried you're drinking too much? Avidon's cognitive behavioral approach helps you reshape your relationship with alcohol and reclaim control.



1. Scan the QR Code or Click [the Link](#)
2. Log In or Create Your Account
3. Pick a Course or Challenge & Begin



AVIDON HEALTH

You Control Your Condition, It Doesn't Control You

70% of people managing chronic diseases report stress. Avidon's cognitive behavioral training, wellness challenges, and trackers help you feel empowered to manage your condition effectively.



Master Your Condition

- Build empowering habits
- Simplify condition management
- Reach health and life goals

Get Empowered Today!



1. Scan the QR Code or Click [the Link](#)
2. Log In or Create Your Account
3. Pick a Course or Challenge & Begin



AVIDON HEALTH



Ditch Dieting—Change Your Mindset

Struggling with cravings and diets that fail? Avidon's powerful self-guided courses, wellness challenges, and trackers help you permanently change your habits, mindset, and relationship with food.

Transform Your Habits

- Stop cravings without relying on willpower
- Break unhealthy thought cycles
- Identify hidden triggers behind habits

End Cravings Today!



1. Scan the QR Code or Click [the Link](#)
2. Log In or Create Your Account
3. Pick a Course or Challenge & Begin



AVIDON HEALTH

Stop Running Dry!

Did you know 75% of Americans are dehydrated? Avidon's cognitive behavioral programs, wellness challenges, and trackers make hydration simple, effective, and realistic.

Hydration Simplified

- Easily incorporate water into your routine
- Balance hydration for optimal health
- Stay hydrated without hassle

Hydrate for Better Health!



1. Scan the QR Code or Click [the Link](#)
2. Log In or Create Your Account
3. Pick a Course or Challenge & Begin



AVIDON HEALTH

Stop Stressing, Start Saving

Financial stress significantly impacts mental health. Avidon's cognitive behavioral training, wellness challenges, and trackers help you confidently manage your finances, reduce anxiety, and achieve financial security.

Financial Freedom Starts Here

- Understand the basics of financial wellness
- Discover tips and strategies to instantly save money
- Learn skills for tackling debt and maintaining good credit

Gain Financial Freedom!



1. Scan the QR Code or Click [the Link](#)
2. Log In or Create Your Account
3. Pick a Course or Challenge & Begin



AVIDON HEALTH



Thinking About GLP-1s? Get the Facts

Considering GLP-1 medications for weight loss? Avidon's cognitive behavioral programs and content help you explore potential lifestyle changes, set realistic expectations, and offer empowerment for those already in GLP-1 treatments as well as those thinking about it.

Get Clear Answers Now!



1. Scan the QR Code or Click [the Link](#)
2. Log In or Create Your Account
3. Pick a Course or Challenge & Begin



AVIDON HEALTH

Feeling Disconnected? Reconnect Now.



Avidon's cognitive behavioral programs, wellness challenges, and trackers help you build meaningful relationships and reduce loneliness.

Connect Today!



1. Scan the QR Code or Click [the Link](#)
2. Log In or Create Your Account
3. Pick a Course or Challenge & Begin



AVIDON HEALTH