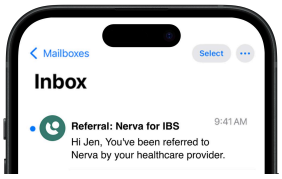
Your clinician has referred you to Nerva. Follow this step-by-step guide to get set up.

nerva® | mindset health

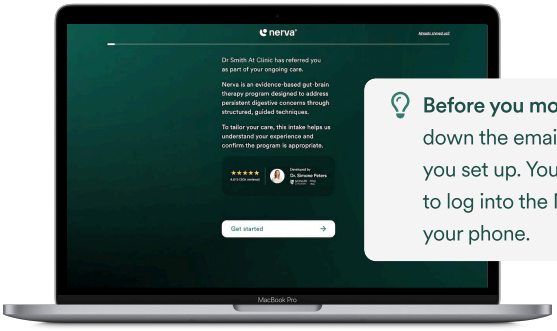
1 Open the email from Nerva and tap the link

Click the intake link inside the email, it opens your intake in your web browser.



2 Complete your intake

Answer a few questions to personalize your program and set up your account. Takes about 10 minutes and can be done on your phone or computer.

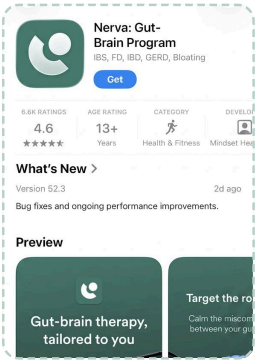


Before you move on, write down the email and password you set up. You'll need them to log into the Nerva app on your phone.

3 Download the Nerva app on your phone

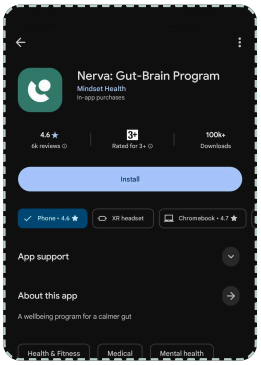
Nerva is a program you do on a mobile app. Open the App Store (Apple) or Play Store (Android), search "Nerva", and tap Get / Install.

App Store



For devices like iPhones and iPads

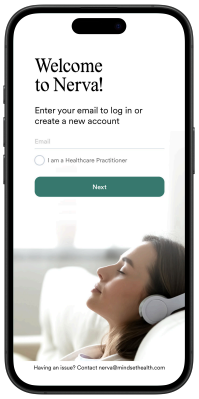
Google Play



For devices like Samsung or Google

4 Open the app and log in

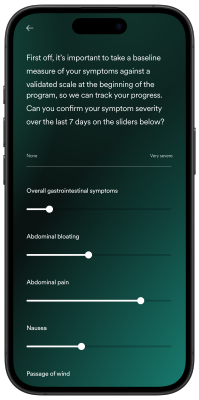
Tap the green Nerva icon on your home screen. Log in with the email and password from your intake.



Seeing a payment screen? You've signed in with a different email – be sure to use the same one from your intake.

5 Log your symptoms

The app will ask about your symptoms. Drag the slider to wherever feels right.



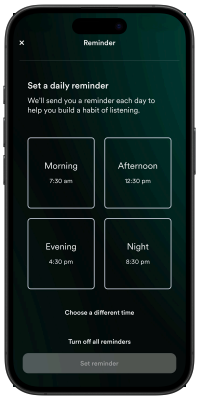
Be sure to scroll down to complete all your symptoms and progress.

6 Start

Find a quiet spot, and settle in for your first 15-minute session.

7 Come back each day

Choose a time that works for you, e.g. in the afternoon. Regular sessions help build progress.



You can choose to set a reminder once you start the program and change this under program settings > change reminder.

A real person is here to help

Our support team are real people who know Nerva inside out.
Stuck on any step? Reach out – we're happy to walk you through it.

Email: referral@nervahealth.com