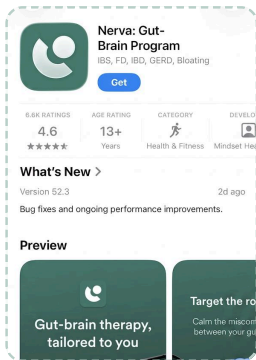


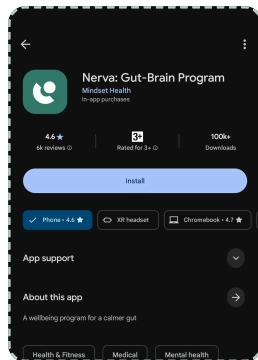
You are here: your intake is complete and your personalized program is ready to start in the app.

1 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.



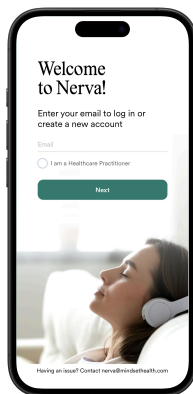
For devices like iPhones and iPads



For devices like Samsung or Google

2 Open the app and log in

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

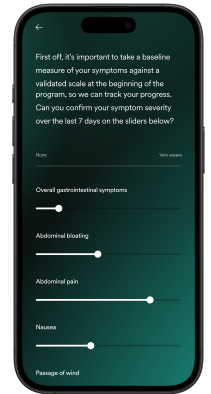


Seeing a payment screen?
You've signed in with a different email – be sure to use the same one from your intake.

3 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.



4 Start

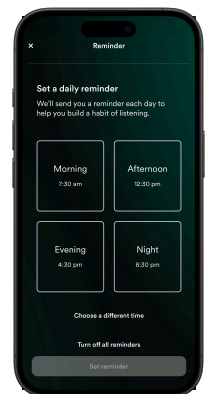
Find a quiet spot, and settle in for your first 15-minute session.



5 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: nerva@mindsethealth.com