

Balance your mental well-being with Koa Health Foundations



Managing the stress of daily life can be an ongoing challenge. Koa Health Foundations helps you ease the struggle and make your emotional well-being a priority. Through a digital app and online platform, Koa Health Foundations uses a combination of cognitive behavioral therapy, acceptance commitment therapy, mindfulness and positive psychology to help you find your balance.

Access personalized support

Koa Health Foundations makes it easy to get support that fits your needs.

- Assess your well-being weekly to receive personalized recommendations on how to improve your well-being
- Check in to get a well-being score in key categories that impact your overall well-being
- Get personalized recommendations to improve your emotional well-being
- Explore the extensive library to find resources that best support your needs

Track your progress

Gain a comprehensive overview of your progress by using the My Journey page. This page showcases your completed programs, a percentage breakdown of your well-being across multiple categories and your personalized activity recommendations.



Use Koa Health Foundations to enjoy better emotional well-being:

- Improve sleep hygiene and relaxation
- Learn meditation exercises and practice mindfulness
- Manage stress, depression and anxiety
- Reduce burnout and fatigue
- Boost your mood
- Build emotional resilience

Get started

Log in to guidanceresources.com and click the icon for Digital Self-Care Tools to sign up. Use the Organization Web ID: AECOM. Once you register, download the Koa Foundations app or go to <https://web.foundations.koahealth.com>.

