

# PROVATA VR



*Watch stress disappear before your eyes.*



With jam-packed schedules and never-ending to-do lists, it can be hard to keep stress down and productivity up. With Provata VR, you can take control of your stress and recharge your mental focus by immersing yourself in virtual reality guided meditation.

Mounting scientific research shows that even small amounts of meditation can generate both mental and physical benefits, including increasing productivity, lowering stress, improving blood pressure and heart health, and more.



**Download Provata VR on the App Store or get it on Google Play. Log-in with the same username and password you use to access your account at [wellwisconsin.staywell.com](http://wellwisconsin.staywell.com).**

Track and listen to mindful meditations in beautiful 360° locations. Just a few minutes a day of mindfulness meditation can help you manage your stress, improve your sleep, and enhance your focus.

A VR headset is not needed to use the Provata VR app.

