

# Balance Boost Mobile App

## How it works:

1. A weekly (52/year) quick two-minute read educational lesson that focuses on proactive behavioral health and work-life balance actions will be delivered via mobile app and email.
  - Each lesson is designed to be used on or off duty to promote discussion and includes a call-to-action/question encouraging members to act and not just think about taking action.



2. After each quick 2-minute read, each lesson has a link to a short training tip video (60-90 seconds) by Dr. Donnie for those interested in receiving more information on the material.

3. After each short video, members who would like additional instruction on how to put this new knowledge into action may choose to watch Dr. Donnie's deep-dive video. Each deep-dive video lesson (length varies by subject) has a downloadable and printable pdf writing template to enhance learning.

