

Meet Anna

your **free** digital coach
for anxiety and depression



If you are currently using your smartphone or tablet, follow these steps:

1. Using the iOS App store or Google Play, search 'Clevertar' and download the app
2. Open up your browser once more and tap the link below
3. Follow the directions to get started with Anna

** Requires at least Android or iOS 9*

[Click Here to Start Your Program](#)

If you are on a different device such as a laptop or PC and have access to your smartphone or tablet camera. Follow these steps:

1. Using the iOS app Store or Google Play, search 'Clevertar' and download the app on your smartphone or tablet
2. Open the app and scan the code located below
3. Follow the app and scan the code



Scan here