

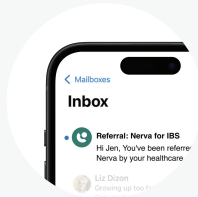
GET STARTED

Up and running in minutes.

01

Check your email

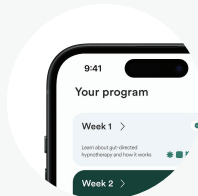
Your healthcare provider sent you a Nerva referral, with 25% off your program.



02

Download the app

Find Nerva in the App Store or Google Play and log in.



03

Press play

Set up your program and start your first session today.



REAL STORY

"I'm Maya's mom, and I signed her up because her IBS and anxiety were wreaking havoc in her life. She was absent from school and just afraid to go anywhere. Since she started, we've both been so impressed. Maya is really connecting with the audio sessions, and they put her in a wonderful state of relaxation. I can't wait to see what it brings for her. So good!"

Maya, 15, used Nerva 8 weeks

Illustrative example. Individual results vary.

4.7 ★★★★★

From 30k+ App Store reviews

nerva® | mindset health

Take control of your gut–brain miscommunication

Science-backed therapy in just 15 minutes a day, with results that last.

📅 6 weeks · 15 minutes a day



Got a question?
Your provider and the Nerva team are here to help along the way.

nervahealth.com

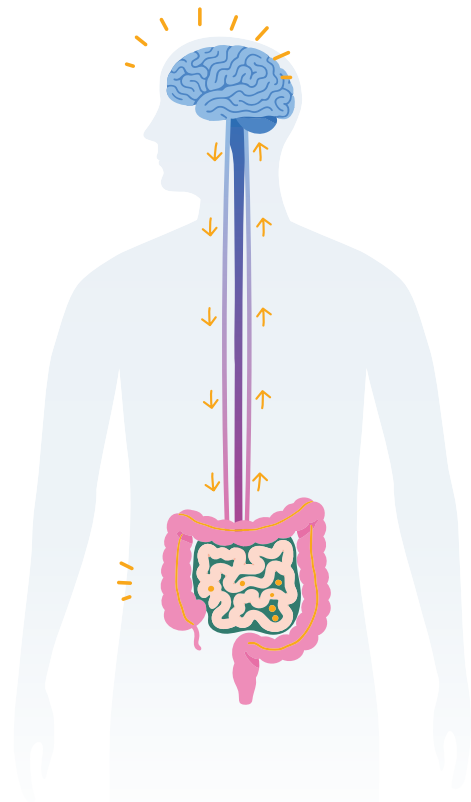
nerva® | mindset health

nervahealth.com

Your gut and brain are always talking.

They send messages back and forth all day along the gut-brain axis. After a stomach bug, stress, or a big change, that line can get over-sensitive.

Normal signals start to feel like pain, bloating or nausea. It's real, and it's common.



A 6-week program in your pocket.



Daily audio sessions

Relaxing gut-directed hypnotherapy that retrains the gut-brain connection.



Learn your triggers

Short, simple lessons on what sets off symptoms, and how to handle a flare.



Breathe through it

Quick breathing exercises that calm a flare-up in minutes.



Track how you feel

See your progress over time and share it with your provider.



Less IBS. More life.



73% of users under 18 improved their overall GI symptoms.¹



Nearly half of teens with IBS had a meaningful reduction in abdominal pain after using Nerva.¹

A science-backed approach to creating lasting symptom relief, helping you feel calmer and more in control so you can worry less and live more.

¹ Based on internal data for users who completed 6-week program.

^{*}Disclaimer: Nerva is a self-guided program that may help people self-manage their diagnosed disorder of the gut-brain interaction. Not evaluated by the FDA, TGA, MHRA or equivalent regulators. Do not change any prescribed medication or treatment without professional medical advice.