

Hello,

I am adding reSET on your smartphone so you can have 24/7 access to therapy lessons. You can earn up to \$500 in virtual gift cards for completing your lessons and I will have visibility to your progress during our meetings.

You can also put in cravings and triggers that we will review together.

Please try to complete 4 lessons per week.

You will receive 2 text messages from Pear: **833-697-3738**

Save this number into your contacts so you recognize it.

The 1st text will be to provide a link to confirm your identity and gather consent.

The 2nd text will give you a link to the access code and to download the app.

Please watch this what to expect video: <https://vimeo.com/442821351/83502105d4>

To download the app, you can go to the Google Play Store (Android) or the App store (iPhone) and type in Pear reSET or simply click the link below:

Android: https://play.google.com/store/apps/details?id=md.reset.reSET&hl=en_US&gl=US

iPhone: <https://apps.apple.com/us/app/pear-reset/id1096230845>

Thank you and please contact me if you have any additional questions. If you have any issues accessing the app, you can always call the 833-697-3738 and speak with the Pear team directly.