Wave

FREE ACCESS TO WAVE FOR UNION MEMBERS

Unlimited content with personalized programs.

1:1 SESSIONS: $90 WITH CODE APW25



WAVE OFFERS

1:1 Provider Sessions
Flexible coaching & therapy.

Whole-Person Support
Mental and physical health, relationships, and financial wellness.

Self-Guided Program
Receive a program of care tailored for your needs and goals.

24/7 Support
Crisis referrals and direct messaging.

Reflection Journal
Track your progress and feelings.

GET STARTED:

1. Download the Wave App
2. Select "My Employer" and enter code **APW25**
3. Create your account
4. Explore your program or schedule a session

Wave

Whole-person mental health care that works, when & where you need it.

wavehealth.com | 1-888-897-9671 | support@wavehealth.com