

Koa Foundations

Delivering a rich library of exclusive, bite-sized content designed to help users drive positive health outcomes and long-lasting behavior change.



Tools & interventions

Cognitive behavioral therapy (CBT), positive psychology, mindfulness, meditation, relaxation techniques, psychoeducation, emotional regulation, acceptance and commitment training (ACT)



Formats

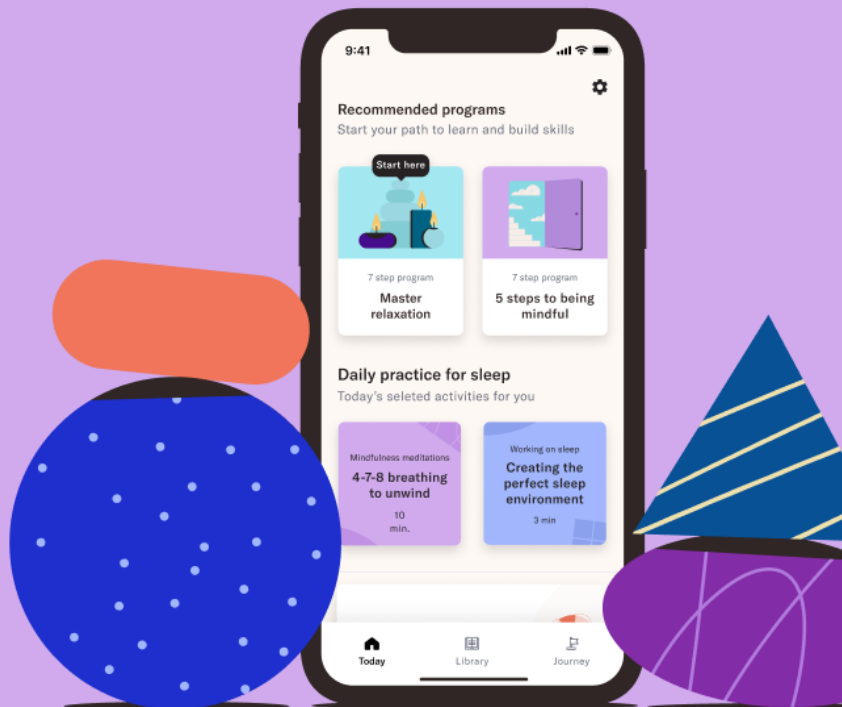
Video, audio, journaling, games and more



User experience

In-the-moment-activities, new routines, programs and focus areas for burnout, sleep, stress, feeling down, loneliness, social anxiety, relating to others and communication, supporting children and total health engagement.

Ranked as the #1 workplace mental wellbeing app by leading experts.



www.koahealth.com