



# CHESS HEALTH



Recovery,  
One Connection at a Time

# RECOVERY, ONE CONNECTION AT A TIME

The Connections App is an easy-to-use smartphone app with 24/7 peer support that helps individuals reduce isolation, gain motivation, build confidence, and adhere to their treatment and recovery plan.

## ■ With Connections, individuals can:

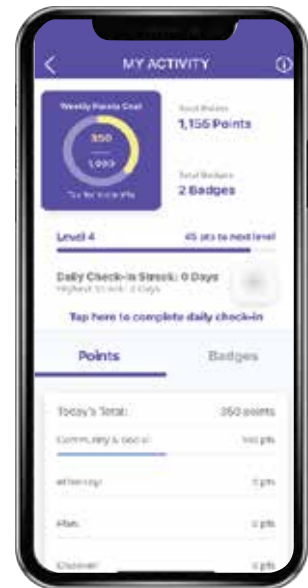
Connect with others, day or night, 24/7



Receive guidance from a peer recovery support specialist



Track and celebrate progress



Attend virtual support meetings



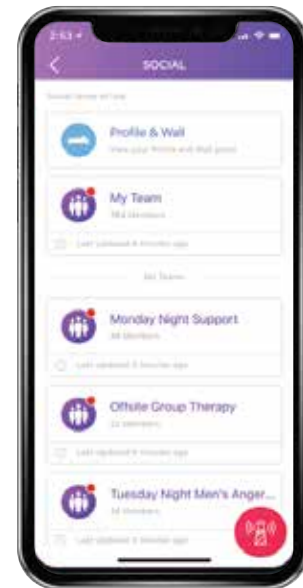
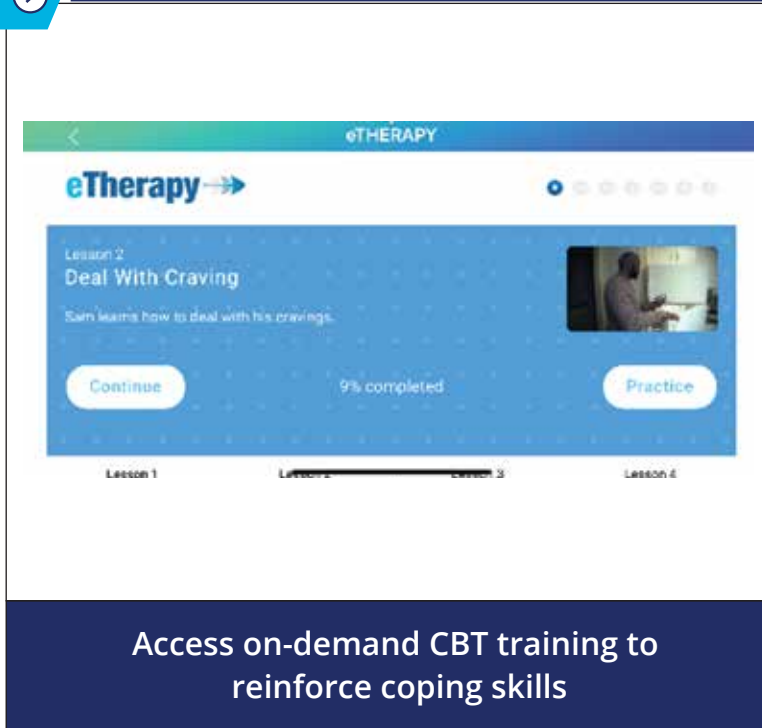
Find resources that can help on the journey to recovery



Journal, track upcoming appointments, and complete surveys



Stay in touch with their provider



## Help others by sharing your experiences, strength, and hope

*I love the support we get from this app each day. This has become such a part of my life, I really look forward to reading and engaging with people on here. I am beyond grateful for what I've gotten from this place, I can't imagine not chatting with you guys/gals. Thank you for everything you do.*

At CHESS, we're supporting recovery, one connection at a time.  
Learn more at [www.chess.health](http://www.chess.health)



**CHESS HEALTH**  
Real Evidence. Real Recovery.