



At Balanced Mental Wellness, we are working with Osmind to improve your care journey. We would like you to download the Osmind mobile app, which is a central hub for us to track your progress and communicate in between appointments. **It is imperative that you regularly complete the assessments that will be sent to you through Osmind on a regular basis.** This helps us track your progress and fine-tune your treatment plan.

The app also helps you submit out-of-network insurance claims — helping make reimbursements faster and saving lots of effort.

You will receive an email with instructions on how to log in. To get started, download the mobile app. Please do this as soon as possible.

Please check your spam/promotion folders in your inbox if you cannot find the email. Email support@osmind.org for assistance.

On the iPhone, search “Osmind” in the app store.
For Android users, search “Osmind” in the Google Play store.

Please visit and read through <https://www.osmind.org/balancedmentalwellness> for more in-depth instructions from our clinic staff.

Thank you!