

EASY AS 1-2-3

Animo is a web and mobile platform that provides personalized resources to improve focus and wellbeing. Discover your inner strength today by downloading the Animo app and creating a profile.



DOWNLOAD THE APP

Download the mobile app in the iTunes or Google Play app store. Alternatively, you can visit the website listed below to create a profile and get started.



TAKE A SURVEY

Complete a short emotional fitness survey. Based on the results of the survey, Animo will recommend a few modules that may be a fit for you.



START A MODULE

After you complete the survey and choose a module, you can begin immediately!



WWW.GOANIMO.COM



DOWNLOAD FOR
APPLE iOS
OR ANDROID

  @ANIMOTHERAPY