

## UCare's Stress & Anxiety Kit Order Form

Please fax this form to 612-884-2058

Available to current UCare MSHO members. Limit one kit per year per member. Kit contents may be subject to change. Allow 4–6 weeks for delivery.

Must choose **Kit 1** or **Kit 2** or **Kit 3**.

Photos and more information available at [ucare.org/healthwellness](http://ucare.org/healthwellness)

Member ID Number: \_\_\_\_\_

Member Name: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

### **Kit 1: Sleep Aid Kit**

*Includes:*

- *Aromatherapy diffuser with sound machine and night light*
- *Essential oil*

### **Kit 2: Stress Relief Kit**

*Includes:*

- *Therapy lamp*
- *Putty*
- *Push pop*

### **Kit 3: Amazon Echo Kit**

*Includes:*

- *Amazon Echo Dot (3rd generation)*