



# OurRelationship

Your online relationship resource



Inclusive online program designed to uncover, understand, and solve relationship issues that couples face.

- Self-directed or guided by a program coach
- Designed for couples or individuals of all identities and backgrounds
- Improve communication, trust, emotional distance, satisfaction, and other relationship areas
- 8-10 hours of tailored content and activities that take 4-6 weeks to complete
- Adapted to specific issues, stressors, communication patterns
- Can work separately or as a couple
- Backed by over a decade of research

## Ready to Improve Your Relationship?

Scan the QR code to access OurRelationship.



### How it works

*Structured into three phases*

#### 1. Observe

Identify key relationship challenges through guided reflection and assessment.

#### 2. Understand

Learn practical strategies tailored to your responses. Improve communication, emotional connection, and problem-solving.

#### 3. Respond

Apply new skills in real-life situations and continue deepening your relationship through active practice.

*"I loved the tools and mindset activities that helped us work through our core issues. My partner and I have never been closer."*

Call 800-344-4222 or visit [employees.concernhealth.com](https://employees.concernhealth.com)