



# Relaxation on-demand

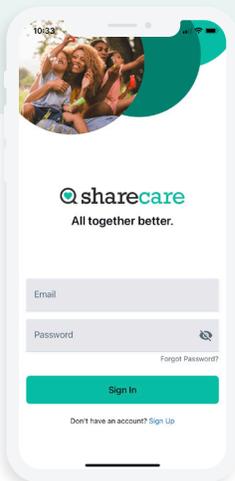
Do you feel overwhelmed by stress from work and home? You're not alone. Millions of Americans suffer from stress and stress-related illness. Unwinding by Sharecare is a new tool to help you stress less and feel better.

## How it works:

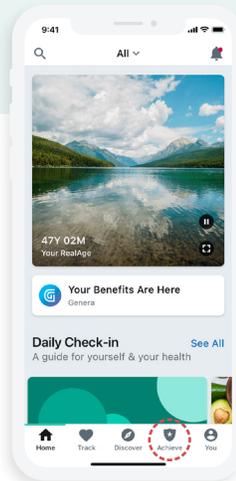
Unwinding is an evidence-based digital program that uses mindfulness to help you build resilience. You'll be able to use it throughout the day whenever you find yourself feeling stressed to get a quick dose of calm when you need it. Through breathing exercises, meditations, sleep support, visual relaxation and more, you'll start living a less-stressed life with Unwinding.

## How to get started:

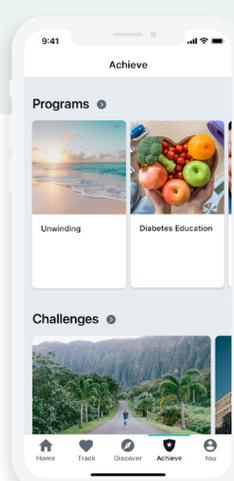
1 Sign in to your **sharecare** account



2 Select **Achieve**



3 Select **Unwinding**



4 **Get started**

