



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.

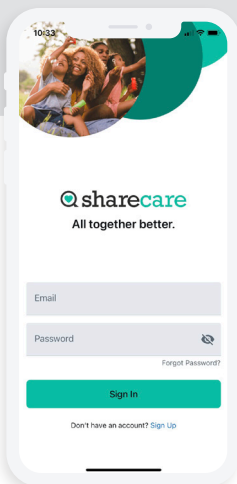
How it works:

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:

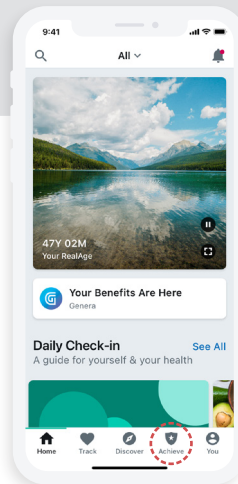
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Sign into your Sharecare account



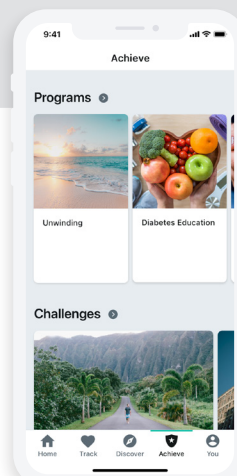
2

Select **Achieve**



3

Select **Unwinding**



4

Get started

