



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. Complete either Unwinding or Unwinding Anxiety to earn \$100 in Wellness Rewards.

Get started today!

Unwinding is available at no cost to you as part of your wellness program provided by Amedisys. Eligible members can sign into Sharecare or register at amedisys.sharecare.com. Navigate to the 'Achieve' section, select 'Programs' and then select 'Unwinding.'

