



# Unwinding

## Frequently Asked Questions

### What is Unwinding?

Unwinding is a mindfulness program designed to manage stress and build resilience in the workplace and at home, while also improving sleep, mental health and quality of life. Developed by psychiatrist and neuroscientist Dr. Jud Brewer, MD, PhD, and the Behavioral Health team at Sharecare, Unwinding offers on-demand stress reduction tools to help you deal with stress throughout the day. Through the app, you can improve sleep, access breathing exercises, follow guided meditations, watch highend relaxation video content, attend live virtual events and more.

### How does Unwinding work?

Unwinding has several tools to help you stress less including:

- Short, effective video and audio courses on how your mind works and how to use mindfulness in stressful situations
- Breathing exercises to help you de-stress quickly
- Evidence-based mindfulness tools, including guided meditations that build resilience and decrease chronic stress
- Sleep support including meditations and white noise tracks to help you get to sleep and stay asleep
- Award-winning visual relaxation content from Sharecare Windows
- Live virtual events with experts such as Dr. Jud

### How much does Unwinding cost?

Unwinding is offered free of charge to eligible Sharecare members.

### How is Unwinding different from other meditation apps?

Unwinding is more than just nice videos or disconnected meditations. The app was developed by psychiatrist and neuroscientist Dr. Jud Brewer, MD, PhD, and the Behavioral Health team at Sharecare, with research conducted with funding from the National Institutes of Health in conjunction with major institutions. Unwinding is evidence-based and designed with proven stress-reducing techniques.

### How do I sign up?

Eligible members can access Unwinding by signing in to their Sharecare account or registering at [azblue.sharecare.com](https://azblue.sharecare.com). Navigate to 'Achieve', select 'Programs' and then select 'Unwinding'.

**Note:** First time users must login via SSO with your Sharecare credentials.

