



Unwinding isn't your average meditation app

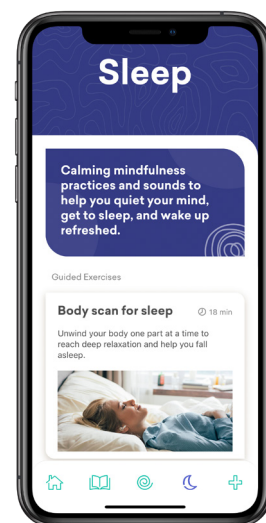
Unwinding is more than just nice videos or disconnected meditations. This app offers short, effective tools to deal with stress, anxiety, overeating, anger and more. It teaches you how your mind works and how to use mindfulness to manage stress and unwanted behaviors.

Available through CareFirst WellBeingSM, Unwinding is an evidence-based, digital resource that helps you build resilience and create a more focused, aware and mindful approach to life and work. Developed using psychiatry, neuroscience and behavioral health, Unwinding offers on-demand, in-the-moment tools to ease stress throughout the day.

Key Features

- Guided breathing exercises to help you de-stress quickly
- Meditations, white noise, as well as rain, fan and other sleep soundscapes for the perfect sleep-supporting environment
- Award-winning relaxation video collection that can instantly transport you from a sunrise on a deserted beach, to a field of mountain flowers, to the bottom of the ocean and so much more
- Live virtual events with experts

Reclaim peace in your everyday life. Log in to or sign up for WellBeing at carefirst.com/wellbeing or download the CareFirst WellBeing app. Once logged in, select *You*, followed by *Benefits*. Next, click *Relax & Reset* and then *Unwinding*.



If you have questions about Unwinding, call CareFirst WellBeing support at 877-260-3253.



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