



## **REDUCE STRESS & IMPROVE RELAXATION WITH INSPIRATIONS | RELAX 360°**

from Sharecare Wellness Platform

Stress and sleep are two of the thirteen core health factors that influence health the most—as well as factors that can help lower our RealAge®. Inspirations and Relax 360° are two distinct on-demand experiences from Sharecare that can help enable relaxation, reduce stress and prepare the mind for a restful night's sleep.

**Inspirations** utilizes high-quality video and ambient sounds to provide relaxing content that can help declutter and still the mind.

**Relax 360°** employs the beautiful sights and sounds of nature to calm the senses and offer a 360° view of the scenery. Optional ambient music and a sleep timer can enhance the relaxation.

Inspirations and Relax 360° are accessible through mobile devices and are ideal for unwinding after work or a stressful event, calm nerves during medical treatments, or to just get away. Both are available in the "Discover" section of the Sharecare platform.

All Penn State Health employees have access to the Sharecare platform. For more information on how to sign up, head to mySolutions and type "Sharecare" in the search field.

