

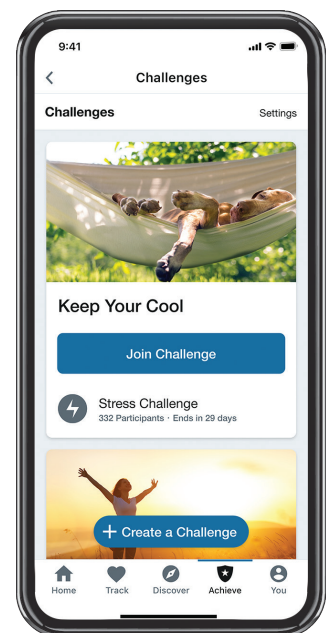


Inspirations

Convenient stress relief that's part of your wellness program

In addition to common causes of stress like money and work, the COVID-19 pandemic has walloped Americans with additional layers of stress. According to the American Psychological Association's Stress in America 2021 survey, 63% of adults felt that uncertainty about the future caused them stress.¹

Inspirations can help you take control of stress. Available through CareFirst WellBeingSM, Inspirations offers relaxation and wellness videos that help you experience freedom from stress, unwind at the end of the day, or ease into a restful night of sleep.



¹ American Psychological Association. Stress in America 2021: Stress and Decision-Making During the Pandemic. 2021.

Inspirations provides soothing video content for stress reduction and ambient white noise for sleep. You can add ambient music and a sleep timer for an even more relaxing experience.

Reclaim peace in your everyday life by logging in to your CareFirst WellBeing account* and clicking on *Discover*. Next, select *Resources*, then *Inspirations*.

Features and Benefits

- Available 24/7
- Includes soothing music or the sights and sounds of nature
- Airplay functionality using Apple TV
- Yoga and meditation videos



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

* If you don't already have a WellBeing account, visit carefirst.com/wellbeing to download the CareFirst WellBeing app and register for your account. If you're already registered with Sharecare, you can download the app and log in with your current user name and password.

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