



Inspirations | Relax 360°

To Reduce Stress and Improve Relaxation

Key Features

- Available within the Discover section of Sharecare's platform
- Unique on-demand experience that will benefit mind, body and spirit
- Download soothing music and sounds of nature.
- Use to unwind after work or a stressful event, calm nerves during medical treatments and tests, or just get away.
- Functionality to airplay using Apple TV
- Relax 360° can be viewed in Virtual Reality for a deeper immersion.

Most Americans experience stress at some point in their lives. Overtime, stress can impact productivity, physical health, emotional health, quality of sleep, and more. In fact, stress and sleep are two of the thirteen core health factors that influence your health and your RealAge®, your body's true age, the most.

Inspirations and Relax 360°, accessible through Sharecare in the palm of your hand, provide relaxation and wellness videos that empower viewers to find stillness and peace in their everyday life. Users can transform their mind, body and spirit with Inspirations, providing high-quality video content for stress reduction, ambient white noise for sleep, and relaxation. Further immerse with Relax 360°, designed to help users find serenity and freedom from stress, unwind at the end of the day, or ease themselves into a restful night of sleep. Relax360° allows users to enjoy the beautiful sights and sounds of a 360° view of nature. Then, add ambient music and a sleep timer for an even more relaxing experience.

