

Unwinding Anxiety®

Frequently Asked Questions



What is Unwinding Anxiety and why should I use it?

Unwinding Anxiety is a step-by-step program clinically proven to reduce anxiety by 67%.^{*} Everyone experiences stress, but increasingly, that stress can be magnified to the point of anxiety. If you are feeling overwhelmed by intense anxiety or if anxiety is interfering with your everyday life, Unwinding Anxiety can help. The program helps you identify the triggers and habits that lead to anxiety so you can stop it before it starts. All it takes is 10 minutes a day.

What are the key benefits of the program?

- Understand the triggers and behaviors that drive anxiety and stress
- Work through the thoughts and habits that keep your mind racing
- Learn how to break the cycle of worry and panic
- Use practical anti-anxiety tools when stress arises
- Sleep better, feel more confident and increase your capacity to find joy in every moment

How does Unwinding Anxiety work?

Unwinding Anxiety consists of 30 modules of guided video and audio lessons, short mindfulness exercises and powerful anti-anxiety tools. You'll learn how to switch gears the moment anxiety and other unwanted sensations arise, and ultimately change the thought patterns and "habit loops" that lead to anxiety

Who is eligible to participate in the program?

Unwinding Anxiety is available to all employees, spouses, adult dependents and retirees who are enrolled in medical insurance with Partners for Health.

Is there a cost for this program?

Unwinding Anxiety is available at no cost as part of your Partners for Health wellness program.

How can I access Unwinding Anxiety?

Eligible members can access Unwinding Anxiety by signing in to their Sharecare account or registering for Sharecare at stateoftn.sharecare.com. Navigate to 'Achieve', select 'Programs' and then select 'Unwinding Anxiety.'

Do I have to use the program every day?

No, Unwinding Anxiety is designed for you to take at your own pace. Daily use is recommended but not required.

Have more questions?

Call **888-741-3390, Monday - Friday 8 a.m. - 8 p.m. CT** or visit sharecare.com/tnwellness/unwinding-anxiety



^{*} <https://www.jmir.org/2021/12/e26987>

The Unwinding Anxiety program is not part of the incentive program.

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