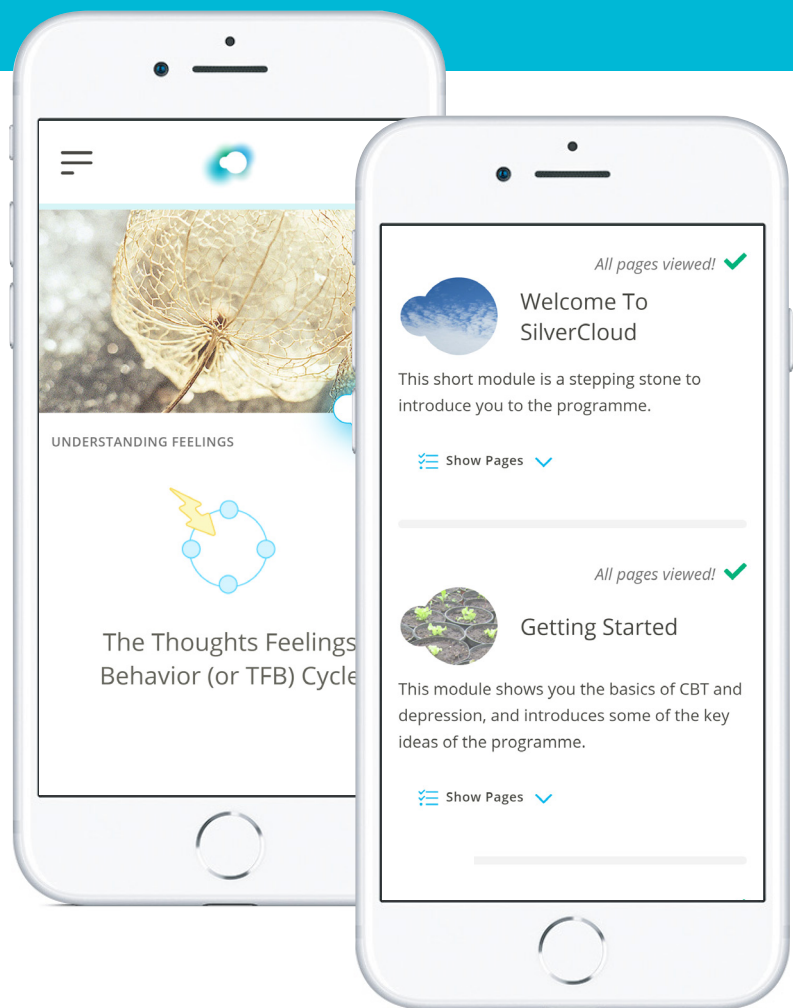




# A BETTER WAY TO FEEL BETTER.

Get digital mental health support.



SilverCloud offers personal mental health support and guidance on demand. Our goal is to help those with anxiety, depression, stress, sleep problems or resilience concerns. If you have an Express Scripts pharmacy benefit plan through your employer, you can use SilverCloud at no extra cost.



Access SilverCloud on your phone, tablet or computer



Explore a wide range of lessons, tools and videos to help put what you learned into practice



Receive coaching and support



Use the journal to write down your thoughts and feelings



Practice mindfulness with relaxation and breathing techniques

## PROGRAMS THAT WORK

We offer goal-based programs that focus on anxiety, depression, sleep issues, stress and resilience. Each includes 5-7 lessons. Complete them at your own pace.

### Focused on Anxiety

- » Increase awareness of your thoughts and moods
- » Learn to face your anxieties
- » Gain control of anxious thoughts

### Focused on Depression

- » Reflect on the link between your feelings and actions
- » Learn to improve your mood
- » Feel better about yourself and the future

### Focused on Sleep Issues

- » Learn the causes of poor sleep
- » Assess your current sleep habits
- » Start and keep a healthy sleep cycle

### Focused on Stress

- » Manage stress and improve self-esteem
- » Set smart goals for your life
- » Learn to better solve problems

### Focused on Resilience

- » Boost your wellbeing
- » Pick up tips on how to shine in specific situations
- » Learn the five domains of resilience

## WHEN TO USE SILVERCLOUD

To keep in the habit, we suggest logging on to SilverCloud at the same time each day several times a week until your program is complete.

## COACHES THAT WORK FOR YOU

You also have the option to engage with one of our certified coaches<sup>1</sup>. They will guide and assist you in completing the program by:

- » Helping set goals
- » Charting your progress
- » Deepening your sense of the program's content
- » Connecting weekly to inspire, motivate and celebrate success

## WHAT PEOPLE ARE SAYING ABOUT SILVERCLOUD



I no longer feel alone. It is comforting knowing that I have something to go to whenever I need help. ”



SilverCloud was a lot easier to use than I anticipated and has helped me to make positive changes to my life and the way I think about things. ”

## GET STARTED TODAY

SilverCloud is only available to Express Scripts members and their covered dependents who are over 18.

1. Visit [express-scripts.com/healthsolutions](https://express-scripts.com/healthsolutions)
2. Log in to your Express Scripts account
3. If you are eligible for SilverCloud, you will see an access code and link to enroll

<sup>1</sup> All coaches hold a Master's degree in a social science

The SilverCloud offering is operated by SilverCloud Health. Express Scripts administers your pharmacy benefits for your employer, plan sponsor, health plan or benefit fund. All trademarks are the property of their respective owners.

© 2020 Express Scripts. All Rights Reserved. Express Scripts and the E Logo are trademarks of Express Scripts Strategic Development, Inc. SilverCloud is a trademark of SilverCloud Health Limited 20EME20538 CRP2011\_005808.1