



SilverCloud

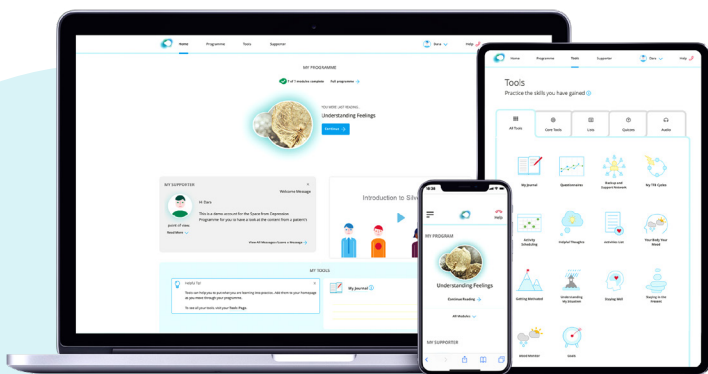


EXPRESS SCRIPTS®

# GET DIGITAL MENTAL HEALTH SUPPORT.

ANYTIME AND ANYWHERE

SilverCloud offers personal mental health support and guidance on demand. If you have an Express Scripts pharmacy benefit plan through your employer, you can use SilverCloud at no extra cost.



## » EASY ACCESS

Access SilverCloud on your phone, tablet or computer.

## » PROGRAMS THAT WORK

We have programs that focus on anxiety, depression, stress, sleep problems or resilience concerns. Each includes 5-7 lessons to complete. You can work through each program on your own or ask one of our coaches to partner with you.

## » INNOVATIVE DIGITAL TOOLS

We offer a wide range of easy-to-use online tools. Use them to apply what you learned to your daily life.

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

**Check your eligibility by logging in to your Express Scripts account at [express-scripts.com/healthsolutions](https://express-scripts.com/healthsolutions)**