

We are pleased to provide employees with free access to any of these online programs designed by the wellness team at the world-famous Cleveland Clinic. Please see below for instructions on how to access the programs.

If you have questions, please contact our customer service department at **216.448.8141**.

## Stress Free Now/ Stress Free Now for Healers

Helps individuals work through and manage the stressors they face day-to-day so they experience a more joyful life, clearer, more effective thinking, and better health.



- Short and Long specially crafted relaxation practices – the heart of the program
- 42 educational topics to help you develop the ability to live mindfully
- Daily strategies with step-by-step instructions that will help you more effectively respond to life's stressors
- Emails every Monday, Wednesday and Friday to help you stay up-to-date with your program

Click here to access:

<https://www.ccemployeewellness.com/stress-free-now1>

## Go! To Sleep

Follows a similar treatment plan to those used in top sleep clinics to help individuals modify behaviors to improve their sleep, look better, feel better, and have more energy.



- 6 weeks' worth of effective sleep therapy
- An online sleep log and daily sleep efficiency
- 6 specially crafted relaxation practices
- Daily e-mails from the program
- Personal progress charts

Email: [CustomerCare@ClevelandClinicWellness.com](mailto:CustomerCare@ClevelandClinicWellness.com)  
for an access code to the program