

Wellness Program - Sharecare Tutorial Video

Inspirations

[narrated by Dr. Oz]

Have you ever been told that you need to reduce your stress? Many people want to relax, to feel less stressed, but they don't know how. Inspirations, built within Sharecare and available in the palm of your hand, offers high-quality video content for stress reduction, ambient white noise for sleep, and relaxation. Whether you prefer nature, music, yoga, travel, or white noise, Inspirations has the videos you need to help you transform your mind, body and spirit.