

Sleepio



Health Plan

May is Mental Health Awareness Month



One of the biggest drags on emotional well-being is something we all experience from time to time: poor sleep. One way to protect yourself from these struggles is by building what's known as "*mental health resilience*" — the ability to manage challenging situations and emotions. In honor of **Mental Health Awareness Month**, here are practical tips to build your mental health resilience and feel your best.

Help for poor sleep is available to you right now

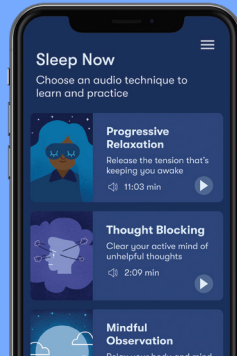
Even though most of us recognize how important mental health and good sleep are, it can still be hard to talk about them — or to reach out for help. Fortunately, there's a digital solution that's safe, effective, and private. Plus, it's available to you at no cost.

Sleepio, an online sleep improvement program that's based on cognitive and behavioral techniques, is [proven](#) to help people fall asleep faster and stay asleep longer. Get started with **Sleepio** now.

The Sleepio logo is displayed in a stylized, rounded font with a blue-to-purple gradient.

To learn more, visit

www.sleepio.com/cuhealthplan



Sleepio is available at no additional cost to members enrolled in any CU Health Plan administered by Anthem/CVS.

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Sleepio and Daylight are available as an adjunct to usual medical care for insomnia disorder or generalized anxiety disorder, respectively, for adults ages 18 and older, without FDA review under their [COVID-19 policy](#).