

Edinger Medical Group patients now have access to SilverCloud, a digital training program that helps you reduce symptoms of low mood or depression.

WHEN SHOULD I USE IT?

- Whenever you need it
- Recommended use is 40 minutes per week, over 6-8 weeks
- Set a regular time to use it, 3-4 times per week

WHY USE IT?

SilverCloud programs have demonstrated high improvement rates for stress, anxiety and depression.

WHAT IS THE ROLE OF THE COACH?

- Help you to set goals for using your program
- Help you to apply your learnings from SilverCloud to your daily life
- Deepen your understanding of the program's content
- Identify progress and celebrate your success

WHAT SHOULD I EXPECT FROM MY COACH?

- To review your program usage weekly (unless you choose to keep your usage private)
- Send you weekly messages in the SilverCloud platform on a scheduled day
- Add personalized and interactive elements to your SilverCloud experience



SilverCloud



Available on desktop, cell phone and tablet



Diverse activities, tools, videos, exercises and mindfulness



Digital coaching and support

**For more information, call us
at 877-MYMEMCARE (696-3622)
or visit edingermedicalgroup.com**

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Choose From Six Programs

SPACE FROM ANXIETY

This program can help you to manage anxiety, challenge anxious thoughts and feel better.

- Increase awareness of your moods and anxious thoughts
- Reduce avoidance and learn to face your anxieties

SPACE FROM DEPRESSION

This program is an effective treatment for people experiencing low mood and depression.

- Understand the connection between your thoughts, feelings and behaviors
- Increase positive behaviors that improve your mood

SPACE FROM ANXIETY & DEPRESSION

This program will help you to understand the basics of cognitive behavioral therapy (CBT) and depression/anxiety.

- Understand the connection between your thoughts, feelings and behaviors
- Tune in to your thoughts to catch thinking errors

SPACE FROM STRESS

This program will help enhance existing stress-busting strengths and skills, and build new ones.

- Learn to manage stress, build resilience and improve self-esteem
- Learn to set SMART goals for your life

SPACE FOR RESILIENCE

This program helps you achieve a sense of well-being and satisfaction, in all areas of your life.

- Enjoy physical, social, mental and emotional health
- Increase your ability to overcome difficult experiences

SPACE FROM INSOMNIA & SLEEP ISSUES

This program will help you understand the causes of sleep difficulties and how to overcome them. (Please note: this program is uncoached.)

- Learn to manage thoughts and worries that might keep you awake
- Cultivate healthy sleep habits, associations and routines



Registration Is Easy

1. TO REGISTER, PLEASE VISIT:

memorialcare.silvercloudhealth.com/SignUp

2. SETTING UP YOUR ACCOUNT

- Create a secure username and password
- Read our support agreement
- Complete some questionnaires

3. GETTING STARTED

In the app or in your browser, watch the "Introduction to SilverCloud" video and get started with your program.

4. DOWNLOAD THE APP

Download the app in your mobile app store. Search "SilverCloud toolkit" in the App Store and "SilverCloud" in Google Play.

