

# Trouble Sleeping? Try Magellan Healthcare's RESTORE®

## Helping you sleep better during the coronavirus outbreak

If you're finding it hard to fall or stay asleep with all the talk about COVID-19 in the news, RESTORE\*, one of Magellan's educational digital cognitive behavioral therapy programs, is a private, confidential online program that may help individuals who are experiencing insomnia and other sleep difficulties. Available anytime, anywhere at no cost to U.S. residents, the short, easy sessions teach skills, techniques and practices to help improve your sleep and sleep quality.

### How do I get started?

RESTORE® is available online and on mobile devices.

To get started:

1. Go to <https://ontobetterhealth.com/restore>.
2. Click the *Get Started* button under *How are you doing today?*
3. Complete the enrollment form.
4. Click the box to accept the terms of use, privacy policy and disclaimer.
5. Click *Submit* to complete registration.

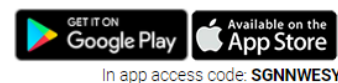
### What happens after I register?

1. You'll be directed to your *My Plan* page for online access to RESTORE.
2. Click *Begin Program* next to the RESTORE program. (Make sure pop-ups are disabled in the browser settings if nothing happens.)

### How do I access RESTORE on a mobile device?

You can access the program two ways:

1. **Web version** (*Google Chrome recommended*)
  - a. Go to <https://ontobetterhealth.com/restore>.
  - b. Click the *Sign In* button on the top right.
  - c. Log in using the username and password you created during registration.
  - d. Click *Begin Program* next to the RESTORE program. (Make sure pop-ups are disabled in the browser settings if nothing happens.)
2. **Mobile app versions** (*Access on your My Plan page*)
  - a. After logging in to your account, click the App Store button on your iPad or iPhone, *or*
  - b. Click the Google Play button on your Android device.
  - c. Click *Install*, and open the mobile app.
  - d. Enter your unique *In-App Access Code* from your *My Plan* page (example below).



### Need more help?

Email [VCSHelpDeskSupport@magellanhealth.com](mailto:VCSHelpDeskSupport@magellanhealth.com).

\*RESTORE is not a substitute for and is not to be construed as medical advice or treatment. IF YOU HAVE A MEDICAL EMERGENCY, IMMEDIATELY SEEK MEDICAL ATTENTION FROM YOUR HEALTHCARE PROVIDER OR CALL 911. You should consult with a physician or other healthcare professional for any healthcare concerns including before starting the program. Never disregard your physician's or other healthcare provider's advice or delay seeking their advice as a result of anything you may read in the program.