



# Enhance your well-being with Calm

Stress less, Sleep better, Live mindfully.

Calm is designed to assist you in managing stress, improving your sleep, and enhancing your presence in daily life. As one of the top apps globally, it is available for free as part of your benefits package. With the flexibility of an app, you can use Calm anytime, leaving you free to focus on what matters most to you.



## Manage stress and anxiety effectively

Discover a variety of practical tools, breathing exercises, and brief courses aimed at helping you control and alleviate symptoms of stress and anxiety right when you need it.



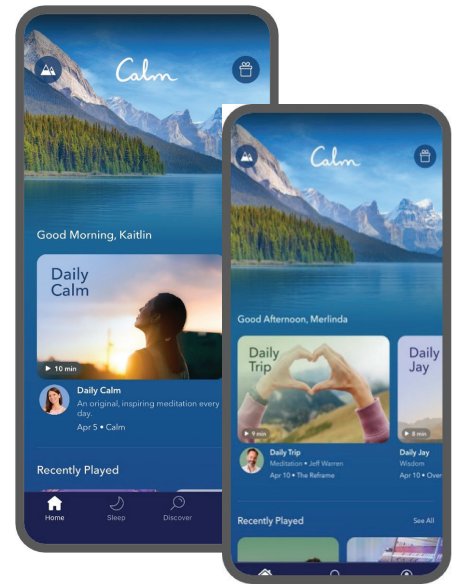
## Enhance your sleep quality

Experience a more relaxing sleep with calming sleep stories narrated by celebrities, guided meditations, natural sounds, and exclusive music selections designed to help you drift off more easily.



## Embrace mindful living

Receive daily doses of mindfulness, wisdom, and encouragement to calm your mind, establish healthy habits, and foster positivity through brief, guided sessions and comprehensive courses.



## Get started now

To sign up and download the app, simply scan the QR code to access the Calm registration page and enter your company access code.



## Already using the Calm app?

1. Open the Calm app.
2. Navigate to: Profile > Settings > Link Organization Subscription.
3. Enter the organization code: "Optum EWS."
4. In the "group code" field, input your company access code: UHCSR.

Available 24/7 | Confidential | No additional cost

Calm and Calm Health should not be used for urgent care needs. If you are experiencing a medical emergency, call 911 or go to the nearest emergency room. If you are experiencing a non-life-threatening mental health crisis, call or text 988. Calm and Calm Health are not intended to diagnose or treat depression, anxiety or any other mental or physical health condition. The use of Calm or Calm Health is not a substitute for care by a physician or other health care provider. Any questions that you may have regarding the diagnosis, care or treatment of a health condition should be directed to your physician or health care provider. Calm and Calm Health are mental wellness products. Participation is voluntary and subject to the Calm and Calm Health terms of use.

UnitedHealthcare Student Resources does not discriminate on the basis of race, color, national origin, sex, age or disability in health programs and activities.

ATTENTION: Language assistance services, free of charge, are available to you. Please call 1-866-260-2723.

ATENCIÓN: Usted tiene a su disposición servicios de asistencia en otros idiomas, sin cargo. Llame al 1-866-260-2723.

注意：免费提供语言协助服务。請致電 1-866-260-2723。

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