

Stress less, sleep better and live more mindfully



Calm can help you tackle stress, get a good night’s sleep and feel more present in your life. It’s one of the most popular apps worldwide – and it’s available at no cost to you as part of your benefits. With the convenience of an app, you can use Calm whenever is best for you to work on whatever’s most important to you.



Relieve stress and anxiety

Explore practical tools, breathing exercises and quick courses designed to help you manage symptoms of stress and anxiety and settle them in the moment.



Sleep better

Relax and fall asleep more easily with soothing sleep stories read by celebrities, meditations, natural sounds and exclusive music selections.



Live more mindfully

Get daily mindfulness, wisdom and encouragement to quiet your mind, build healthy habits and nurture positivity with short, guided sessions and courses.

Explore the benefits

- Curated content tailored to you and your journey
- Self-guided to go at your own pace
- No additional cost to you

Ready to get started?



Scan the QR code to register for an account.

When prompted, enter access code:

Available 24/7 | Confidential | No additional cost