

**FILL IN COMPANY ACCESS CODE BELOW AND REMOVE THIS BOX BEFORE DISTRIBUTION**

**Give your wellbeing a boost with Calm**

Calm is a top-rated wellness app designed to help give your wellbeing a boost. This confidential app is available 24/7 at no cost to you as part of your benefits. Use Calm whenever it fits your schedule to work on what's most important to you, including:

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

• Relaxing and falling asleep more easily with soothing sleep stories read by celebrities, meditations, natural sounds and exclusive music selections.

• Getting daily mindfulness, wisdom and encouragement to quiet your mind, building healthy habits and nurturing positivity with short, guided sessions and courses.

Scan the QR code below or follow [this link](https://www.calm.com/b2b/ews/subscribe) to create an account and register for the Calm app, then enter your company access code when prompted: **[insert access code here].**



Already got the app?

1. Open the app

2. Go to Profile > Settings > Link Organization Subscription

3. Enter organization code Optum EWS

4. In the "Group code" field, enter your company access code: **[insert access code here]**