



Find your path to a happier, healthier you

Calm Health offers mental health guidance and compassionate support for a wide range of health and wellbeing goals. And it's available to you at no cost through your behavioral health benefits.



Support for your mind and body



Self-care courses and tools



Personalized plan

Get started today



To register for the Calm Health app, scan the QR code and enter your member ID, name and date of birth.