

**Optum**

**Calm Health and Calm**



# Calm Health Registration through myUHC

1. Starting from the Mental Health page in myUHC, select the Calm Health link
2. This will bring users to the Calm information page which will provide background a details on Calm Heath. To set up an account, users will click the 'Go To Calm Health' link
3. Users begin the registration process by using their Facebook/Apple/Google accounts or entering an email address...

Home > Coverage and benefits > Mental health

## Mental health benefits and resources

Know what's covered and included. Below are the mental health benefits and resources you are eligible for as part of your health plan.

**Not sure where to start?**  
If browsing your mental health benefits feels overwhelming, answer a few questions about what you or your family member is going through and we will suggest some options for you to consider. [Get recommendations >](#)

### Filter services

Choose which services display on the page.

- Self-care courses & tools
- Coaching, counseling & therapy
- Parenting & caregiving
- Substance use

[Reset filters](#) ↻

### Self-care courses & tools

Consider turning to these courses and tools at no additional cost when you want to work on skills to support your mental health at your own pace, between visits with a provider or if you're not ready to talk to someone yet.

#### Learn about mindfulness

Lessons include in-the-moment tips and exercises for mindfulness.

[Take course on mindfulness](#) ↗

#### Skills to help with anxiety

Get exercises and information that may help you navigate anxiety.

[Start lesson on anxiety](#) ↗

#### Learn about resilience

Learn tools to build resiliency at your own pace.

[Take course on resilience](#) ↗

#### Skills for cultivating joy

Learn a strategy for finding joy in even the most difficult times.

[Take course on joy](#) ↗

#### Skills for better sleep

Learn how sleep works and how to make sleep work better for you.

[Take course on sleep](#) ↗

#### Learn relationship skills

Learn ways to connect, navigate change and resolve conflict.

[Take course on relationships](#) ↗

[Calm Health >](#)

Calm Health combines Calm's mindfulness support with digital programs written by psychologists. Get recommendations based on your answers to screening questions.

**You pay**  
**\$0**  
For Calm Health

## Calm Health

Calm Health combines the sleep and mindfulness content of Calm with support for your mental and physical health.

**Set up your account to get started**

Answer a few questions about your goals and how you're feeling. Then get personalized recommendations for digital programs written by psychologists.

[Go to Calm Health](#)

## Take steps toward a healthier lifestyle

### On this page

- [About Calm Health](#)
- [How it works](#)

### About Calm Health

Calm Health can help support you on the path to a healthier lifestyle. Get audio and video content written by psychologists, access mental health screening tools and try mindfulness exercises. All at your own pace and with no cost to you.

With Calm Health, you'll get:

- Mental health screenings to get personalized recommendations and track your journey
- Programs for understanding the connections between mental health symptoms, physical conditions and life stages
- Library of stories and soundscapes for help falling any  ing asleep
- Activities, like breathing exercises, to help build long- esilience or managing emotions in the moment
- Meditations designed to help you focus and learn to calm your thoughts

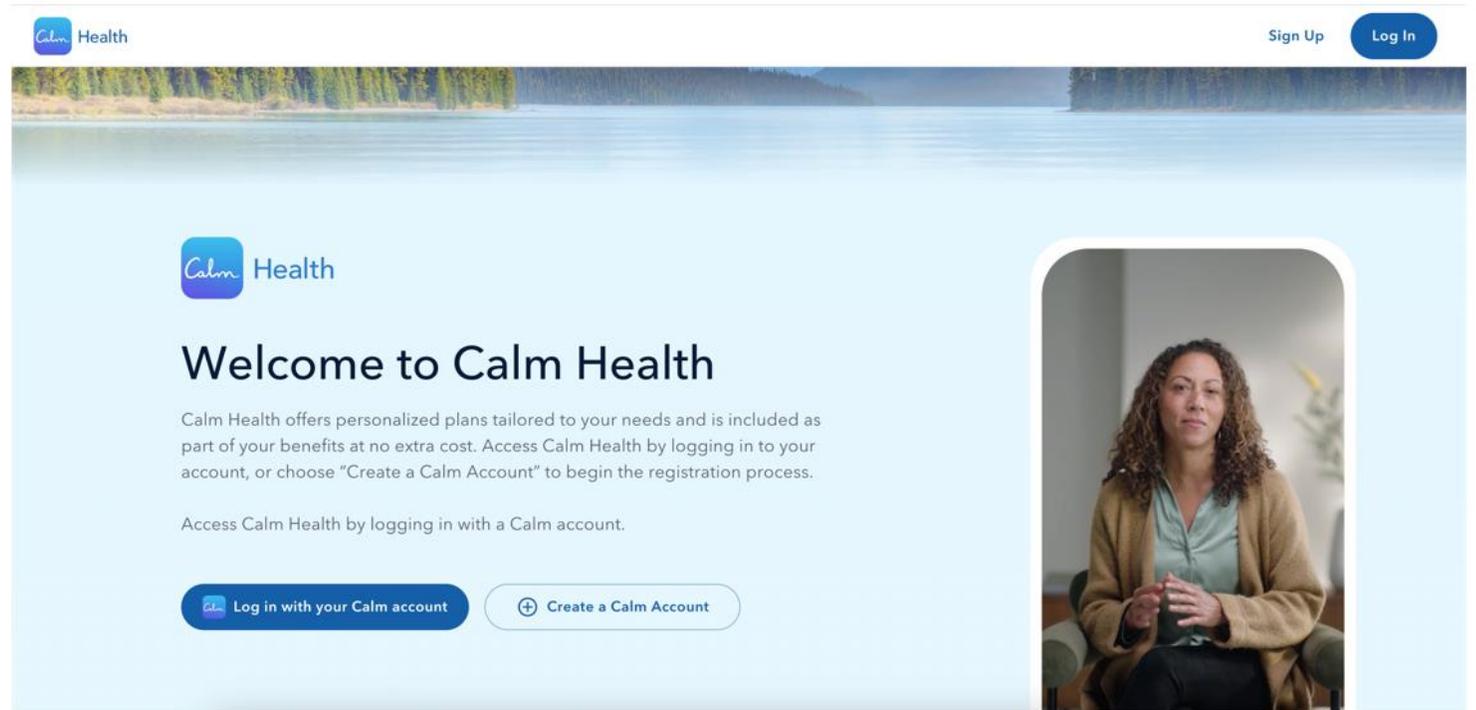
Calm Health is not intended to diagnose or treat depression, anxiety, or any other mental or physical health condition. The use of Calm Health is not a substitute for care by a physician or other health care provider. Any questions that you may have regarding the diagnosis, care, or treatment of a health condition should be directed to your physician or health care provider. Calm Health is a mental wellness product.

If you or a loved one is having a mental health crisis, call or text 988 to connect with the 988 Suicide and Crisis Lifeline. If you are experiencing a crisis or need emergency care, call 911 or go to the nearest emergency room.

### Your coverage

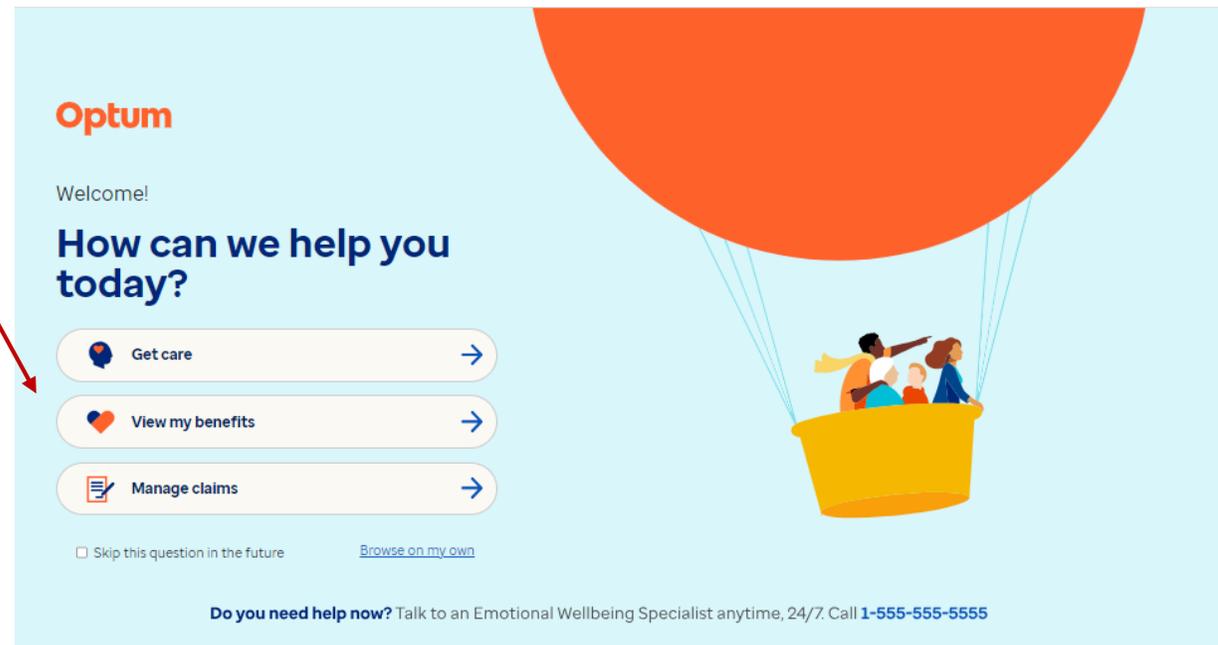
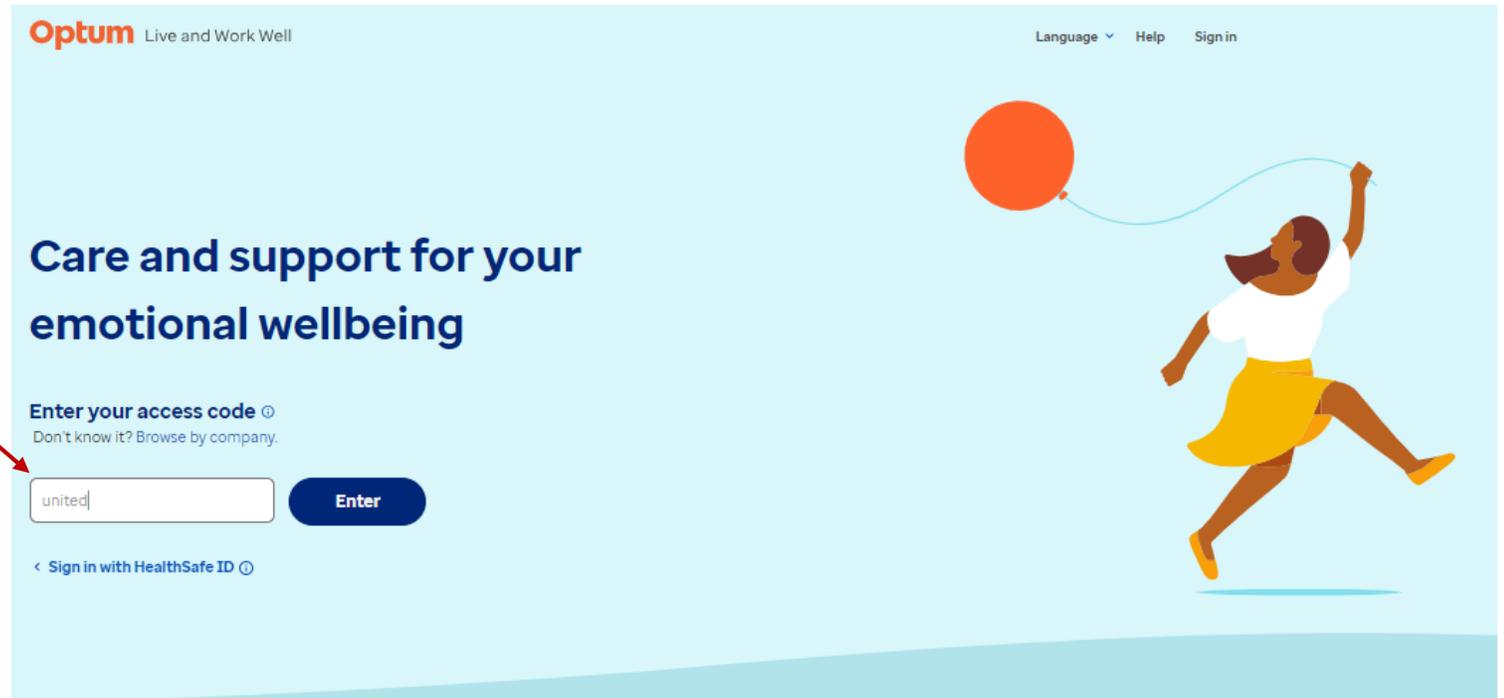
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Calm Health  
Registration through LAWW

1. Starting from LAWW entering the access code
  - a) Then “View my Benefits”
2. Click on “Learn about Calm”
  - a) Then click on “Select Plan”
  - b) Select “UnitedHealthcare”
3. Users then will click on “Try Calm Health”
  - a) Create an account



## Browse all benefits



### Mental health



#### MENTAL HEALTH

##### The Calm app – help to stress less and feel better

Get meditations, breathing exercises, Sleep Stories, daily tips and more. All designed to help you stress less, sleep more and live mindfully.

Learn about Calm

Virtual Tool \$0

#### MENTAL HEALTH

##### Build skills with a coach

Virtual Behavioral Coaching connects you to a dedicated coach for personalized help managing stress, anxiety, depression and more.

Learn about coaching

Virtual

#### MENTAL HEALTH

##### Therapy made easier with Talkspace

Connect 1:1 with a licensed therapist right from your phone - in live sessions or by text. Message anytime and hear back within a business day.

Try Talkspace

Telephonic Virtual

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  - a) Then “View my Benefits”
2. Click on “Learn about Calm”
  - a) Then click on “Select Plan”
  - b) Select “UnitedHealthcare”
3. Users then will click on “Try Calm Health”
  - a) Create an account

## Optum

To help us connect you to the right benefits, please answer this question.

### Which behavioral health plan do you have?

Select your behavioral health plan

Select plan

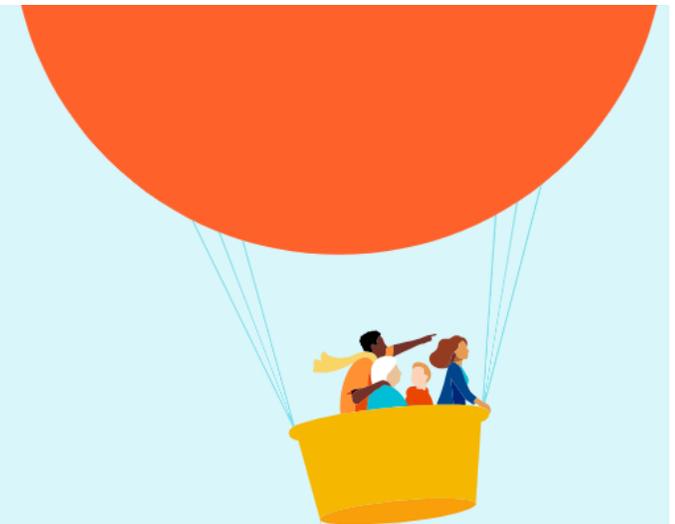
UnitedHealthcare

Optum

None or other

Go

ward to find your



1. Starting from LAWW entering the access code
  - a) Then “View my Benefits”
2. Click on “Learn about Calm”
  - a) Then click on “Select Plan”
  - b) Select “UnitedHealthcare”
3. on the Calm Health Registration Landing Page where the user can kickoff the process to create their Calm Health account

