



# Give your wellbeing a boost with Calm

Find your way to less stress, better sleep and a happier, healthier you



You may have heard about or even used the Calm app. Now you have access to its most popular features and much more – available at no cost to you as part of your benefits. Calm can help you tackle stress, get a good night’s sleep and feel more present in your life. You also can use it to build coping skills and resiliency to navigate life’s uncertainties. It’s all self-paced with audio and video tools, so you can focus on what matters most to you, wherever you are and at your own speed, 24/7.

## **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.

### Ready to get started?



Scan the QR code or go to [supportfinder.optum.com/cob123](https://supportfinder.optum.com/cob123) To begin, sign in with an anonymous username.

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.

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