



Find your path to 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 with Calm Health.

Available through your behavioral health benefits at no additional cost to you, it's packed with content. And it's all self-paced with video and audio tools, so you can go at your own speed – 24/7.



Support for your mind and body

All programs, courses and tools are designed to strengthen the connection between your body and mind. They offer mental health guidance and compassionate support for a wide range of health and wellbeing goals.



Self-care courses and tools

Work toward wellbeing goals like:

- Getting better sleep to start your days refreshed
- Building skills to help with stress and anxiety
- Developing resiliency to navigate life's uncertainties
- Practicing mindfulness for improved focus, movement and clarity



Personalized plan

With short screenings, you can understand where you are in your journey and get a more personalized experience. Based on your responses, you also may receive recommendations for additional solutions and services from your health plan, such as coaching or therapy.

Explore the benefits

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

Get started today



To register and download the Calm Health app, scan the QR code. You will need to enter your member ID, name and date of birth.

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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