



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 using programs designed to strengthen the connection between your body and mind. And it’s available to you at no cost through your behavioral health benefits.

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 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

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Get started today



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