

**READY  
TO HELP**



Confidence comes with every card.®

# Welcome to Calm Health

Stress less, sleep better and live more mindfully.

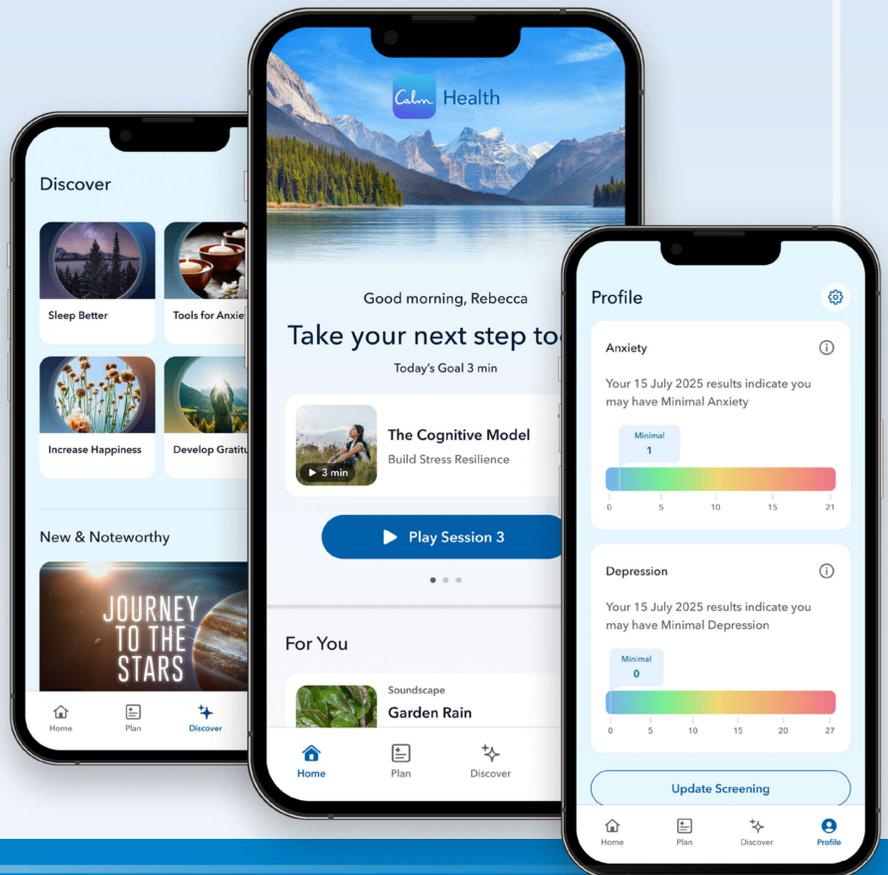
## What is Calm Health?

Calm Health is a leading self-care and mindfulness app designed to support your mental and physical well-being. It's available at no cost to members on your medical plan who are 13 and older. Strengthen the connection between your mind and body — anytime, anywhere.

## You get the full experience

With Calm Health, you can go at your own pace and enjoy 24/7 access to a full range of on-demand resources and content based on your goals, interests and screening results, including:

- Sleep stories to help you unwind
- Guided meditations
- Breathing exercises
- Calming music and soundscapes
- Mindfulness videos
- Daily self-guided activities
- Short screenings to customize your experience
- Clinical programs developed by psychologists



Sign up today



Scan the QR code or [click here](#) to download the Calm Health app today. If you're asked for an access code, enter **BCBSMI**.

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.

Calm is an independent company supporting Blue Cross Blue Shield of Michigan and Blue Care Network by providing access to mental health support resources. Blue Cross Blue Shield of Michigan and Blue Care Network are nonprofit corporations and independent licensees of the Blue Cross and Blue Shield Association. OD 21068 AUG 25 W016037