

Calm Health Member Tip Sheet



On-the-go help to boost mental and emotional health

Your plan comes with extra help for mental and emotional health.

Access Calm Health, a mobile app with highly rated tools for mindfulness, sleep, and more, all at no additional cost to you. It's psychologist-designed programs, self-guided steps, and personalized recommendations to help you build life-changing habits.

What you'll get at no additional cost to you:

Help to stress less, sleep better, and live mindfully

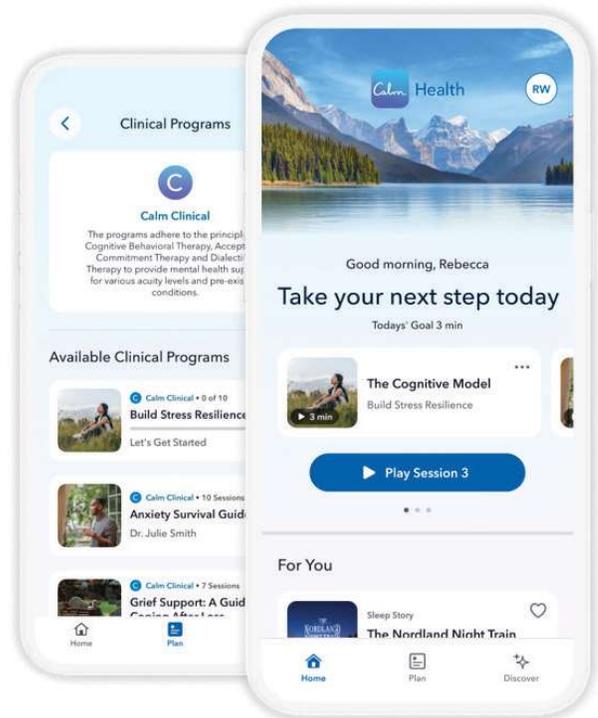
Calm Health's meditations can help you focus and learn to calm your mind. Check out its library of relaxing stories, music, and sounds to help you fall – and stay –asleep.

Programs made by experts, a plan made just for you

You'll get a personalized plan with resources, programs, and tools based on what's important to you. Track your journey as you take steps to sleep better, manage your mood, and more.

Extra care for your overall well-being

Explore programs that support mental health, chronic illness, and tough life challenges – from anxiety and diabetes to parenting, retirement, or loss of a loved one. It's all in one place.



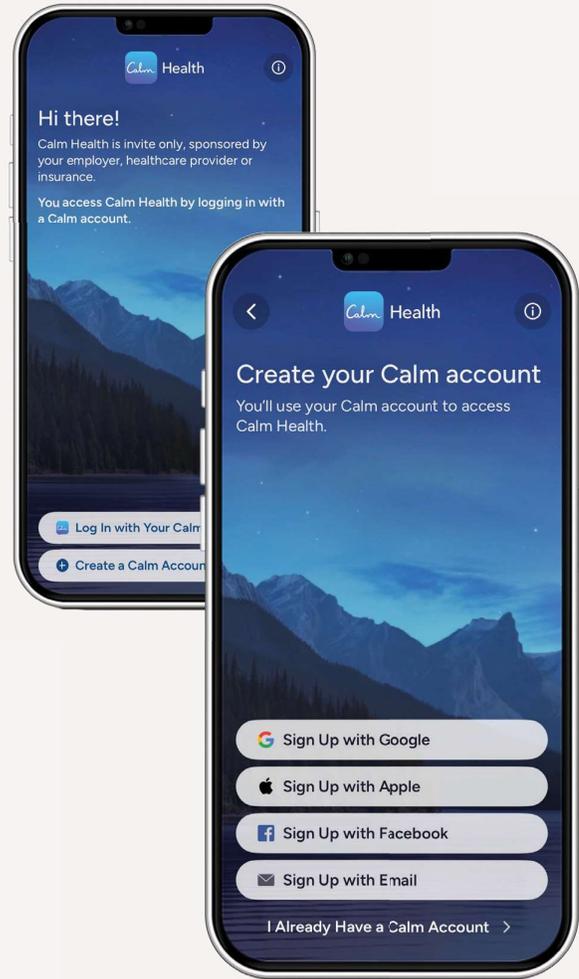
Medica®



Start your journey.

How to download and sign up for Calm Health:

1. Scan the QR code or find the Calm Health app in the App Store or Google Play.
2. Select "Create a Calm Account"
3. Sign up with Google, Apple, Facebook, or your email and follow the prompts
4. If asked, enter the access code: **medica**
5. Enter your name and member ID number exactly as they appear on your Medica ID card



Questions? We're here to help.

Call Member Services at the number on the back of your Medica ID card (TTY: **711**).

Calm Health is a mental health wellness product. Calm Health is not intended to diagnose or treat depression, anxiety, or any other disease or condition. 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 medical condition should be directed to your physician or health care provider.