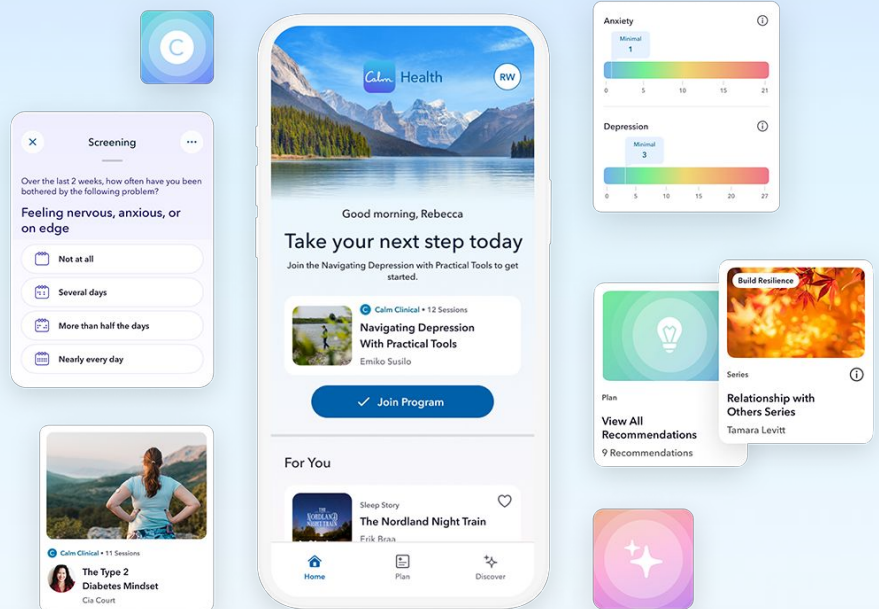




Introducing Calm Health

Calm Health helps you better understand the relationship between your mental and physical health — and then provides you with a personalized plan to support both.



Programs developed by psychologists that address life experiences, health conditions, and occupation-specific challenges



Best of Calm resources for mindfulness support



Short screenings to tailor your experience



Personalized recommendations for relevant resources



To download the Calm Health app, scan the QR code or visit the App Store or Google Play Store.

Then, follow the instructions below to sign up:

- Log in with your existing Calm account or create a new Calm account
- Enter [Sage2025](#) as your access code
- Verify your eligibility by entering your [legal first name, last name and date of birth](#)

Need help? Reach out to the Calm Health Support Team at support@calmhealth.com with any questions.