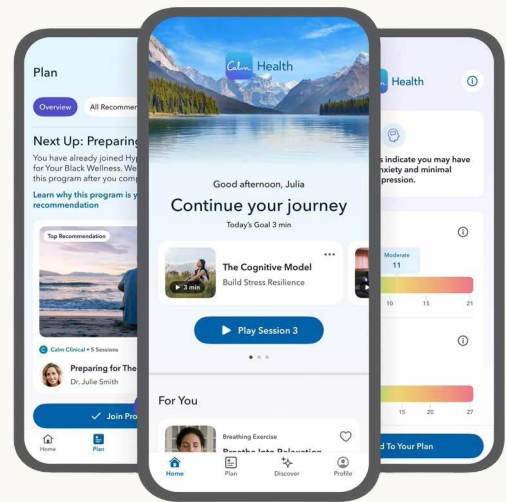


Ready to put your mental and physical health first?

Let Calm Health be your guide



Available through your benefits at no cost to you, Calm Health is an easy-to-use app with evidence-based programs to support your mental health and physical wellbeing. It's packed with content written by psychologists to help you sleep better, build skills to manage stress, practice mindfulness, improve focus and so much more.

Find your path to a happier, healthier you

Calm Health includes:

-  **Evidence-based programs** written by psychologists to support your mental and physical wellbeing – from navigating stress and grief, to aging and living with chronic pain
-  **Mindfulness content** including meditations, Sleep Stories, music and daily exercises to help you focus, relax and recharge
-  **Personalized recommendations** for resources and tools tailored to your specific goals and interests
-  **Weekly, clinically informed mini podcasts** that discuss the science of mind and body in a clear and simple format to offer you a quick reset or fresh perspective
-  **Daily activities and on-demand content** to help you build and maintain healthy habits at your own pace



To register and download the Calm Health app, scan the QR code or go to <https://supportfinder.optum.com/Indiana>