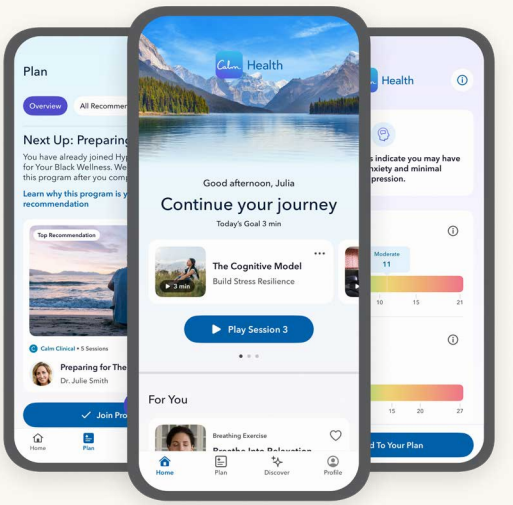
Optum

Calm Health

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 supportfinder.optum.com/Conga

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 Health is not intended to diagnose or treat depression, anxiety or any other mental or physical health condition. The use of 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 Health is a mental wellness product. Participation is voluntary and subject to the Calm Health terms of use.

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