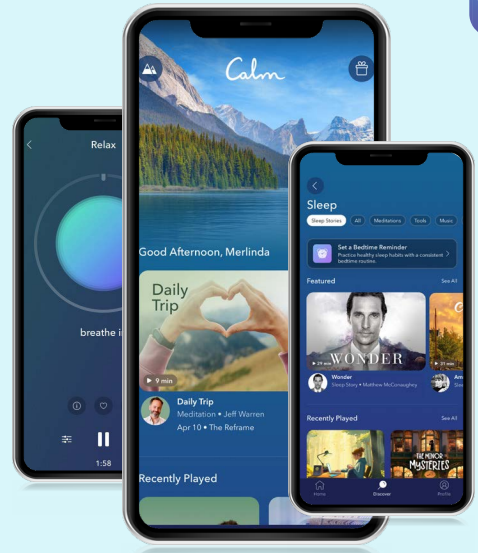




Give your wellbeing a boost with Calm

Find your way to less stress, better sleep and a happier, healthier you



You may have heard about or even used the Calm app. Now you have access to its most popular features and much more – available at no cost to you as part of your benefits. Calm can help you tackle stress, get a good night’s sleep and feel more present in your life. You also can use it to build coping skills and resiliency to navigate life’s uncertainties. And it’s all self-paced with audio and video tools, so you can focus on what matters most to you, wherever you are and at your own speed, 24/7.



Relieve stress and anxiety

Explore practical tools, breathing exercises and quick courses designed to help you manage symptoms of stress and anxiety and help to settle them in the moment.



Sleep better

Relax and fall asleep more easily with soothing sleep stories read by celebrities, meditations, natural sounds and exclusive music selections.



Live more mindfully

Get daily mindfulness, wisdom and encouragement to quiet your mind, build healthy habits and nurture positivity with short, guided sessions and courses.

Available 24/7 | Confidential | No additional cost

Ready to get started?



Scan the QR code or go to liveandworkwell.com.

To begin, enter your HealthSafe ID or company access code EAP



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