



# Mind. Body. You.

Make the connection with  
Calm Health.

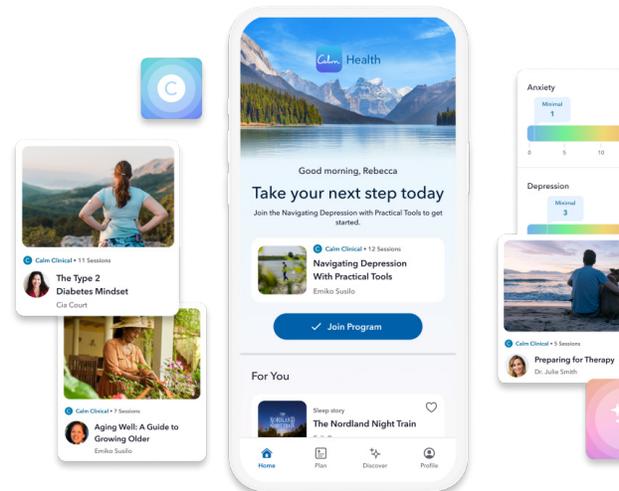
As a UnitedHealthcare® member, you can use the Calm Health app at no cost to you. The app offers programs and resources to better support your mental health.

## Get support that fits you

To start, answer a few questions about your mental health. Based on your answers, the app will suggest programs just for you.

### Use Calm Health to:

- ✓ Learn ways to help you feel better and manage stress
- ✓ Try Sleep Stories, meditation, music and sounds
- ✓ Build healthy habits by tracking your progress
- ✓ Find resources to support the mind and body connection



Scan the QR code to download the Calm Health app, or visit [uhc.care/calm/retiree](https://uhc.care/calm/retiree)

You'll be asked to sign in. If you don't have an account, select **Create a Calm Account**. See instructions on back page.

# How to create a Calm Health account

- 1** Scan the QR code to download the Calm Health app, or visit [uhc.care/calm/retiree](https://uhc.care/calm/retiree)
- 2** Open the app and sign up with Google, Apple, Facebook or your email account
- 3** Enter **Retiree** as your access code
- 4** Verify your eligibility by entering your name, date of birth and member ID



## Need help?

Contact the Calm Health Support Team at [support@calmhealth.com](mailto:support@calmhealth.com).

The Calm Health app is available for download for iPhone® or Android®.

Calm Health is not intended to diagnose or treat depression, anxiety, or any other disease or 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 medical condition should be directed to your physician or health care provider. Calm Health is a mental wellness product, and is not intended to make any mental health recommendations or give clinical advice. Employee benefits including group health plan benefits may be taxable benefits unless they fit into specific exception categories. Please consult with your tax specialist to determine taxability of these offerings. Images provided for illustrative purposes only. Members must be 13 years or older to use the services, unless a parent or legal guardian agrees to Calm “Terms.” The parent or legal guardian of a user under the age of 13 is subject to the “Terms” and responsible for their child’s activity on the services.

Plans are insured through UnitedHealthcare Insurance Company or one of its affiliated companies, a Medicare Advantage organization with a Medicare contract and a Medicare approved Part D sponsor. Enrollment in the plan depends on the plan’s contract renewal with Medicare.

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