Univera Healthcare is excited to partner with Calm, the #1 app for sleep, meditation and relaxation.

Calm offers guided meditations and specialized music playlists to help with stress and focus, mindful movement video and audio, relaxing Sleep Stories, tailored content for children, wisdom-filled masterclasses led by experts, and much more.

Eligible Univera Healthcare members have access to Calm app upon 2022 renewal.*

In order to sign up, members must follow these instructions:

1 Member will need to log into their Univera Healthcare Web account (or create an account if they have not done so already) at https://member.univerahealthcare.com/login

- Once logged in, click on the Health and Wellness menu option and click on "Calm® Stress Management Program"
- Click on the button that says "Get Started"

2 The member will be brought to Calm's sign-up page where they will be prompted to create a username and password for their Calm account

3 The Calm account is now activated! The member can now download the Calm app from Apple iTunes or the Google Play Store and login with the credentials created in step 2

*Eligible members include members from fully insured large group plans and select self-funded plans.

Email Template

We've made it easy – copy and paste this email template to let your employees know about the new benefit:

Email template

[Click here to copy]

New Message — ⤢ ✕

The Calm app is now available for Univera Healthcare members!

Simply follow the instructions below to gain full access to Calm—the #1 app for mental fitness. Whether you have 30 seconds or 30 minutes, Calm's diverse content library offers resources to suit your schedule and needs. Explore guided meditations and specialized music playlists to help with stress and focus, mindful movement video and audio, relaxing Sleep Stories, tailored content for children, wisdom-filled masterclasses led by experts, and much more.

To get started:

- Visit https://member.univerahealthcare.com/login
  - Click on the Health and Wellness menu option and click on "Calm® Stress Management Program"
  - Click on the button that says "Get Started"
- Create a username and password or login to an existing account
- Your Calm account is now activated! You can download the Calm app from Apple iTunes or the Google Play Store and login

Your Calm subscription gives you unlimited access to the full library of content at calm.com and in the Calm app.

FAQs and Support

Where can employees download the Calm app?

Employees can download the Calm app through one of the links below:

- Android: https://play.google.com/store/apps/details?id=com.calm.android
- iPhone: https://itunes.apple.com/us/app/calm-meditate-relax-guided/id571800810?mt=8
- iPad: https://itunes.apple.com/us/app/calm.com/id571800810?ls=1&mt=8

For more information, see here.

What if an employee already has an active Calm subscription?

An employee can activate their Calm benefit on their existing Calm account as long as there is no renewing subscription currently active on their account. If they already have a renewing subscription, they can cancel auto-renewal on the subscription and then proceed with the activation of their Calm benefit. For step by step instructions, please view our Help Center article: How do I turn off auto-renewal or cancel my subscription?

Please note that the benefit will apply on the Calm account as soon as it is activated, even if this overlaps with remaining time on a previous subscription that has been canceled.

What do I do if an employee still needs help?

Employees can visit our Help Center at support.calm.com to review our how-to articles or submit a question via our contact form.

IMPORTANT: Please have the employee reach out to Calm's Support team directly, rather than having an Administrator reach out on their behalf. Calm's Support team will not be able to share specific account information with anyone other than the individual Calm account owner who needs assistance.

Where can I get more resources to support my employees?

The Calm for Business Blog is a one stop shop for articles, events, and more. You can subscribe to get updates delivered to your inbox.

Calm is an independent company that provides a mobile app for sleep, meditation, and relaxation to Univera Healthcare members.

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