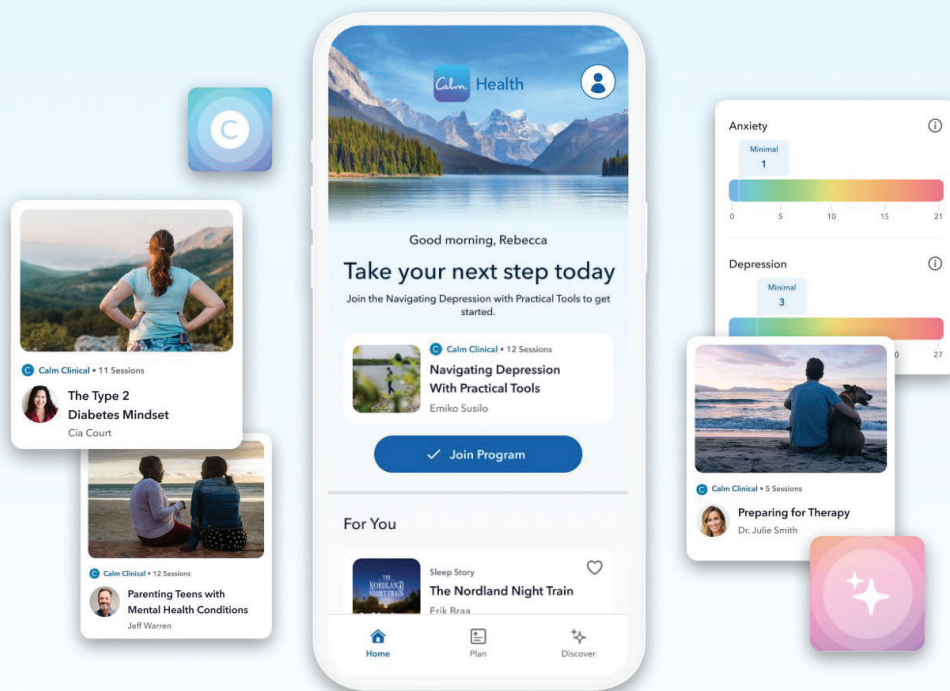




Introducing Calm Health

Calm Health supports your mental and physical wellbeing with evidence-based programs that help you navigate a variety of health experiences, life stages, and mental health challenges.



To download the Calm Health app, scan the QR code or visit the App Store or Google Play Store.

Then, follow the instructions below to sign up:

- Log in with your existing Calm account or create a new Calm account
- Enter "pirates1890" as your access code
- Verify your eligibility by entering your Employee ID and Employee Email

Need help? Reach out to the Calm Health Support Team at support@calmhealth.com with any questions.