



Make the connection.



The Calm Health app provides programs and tools to help support your mental health and well-being – all at your own pace. **As a UnitedHealthcare member, Calm Health is included in your health plan and available at no additional cost.**

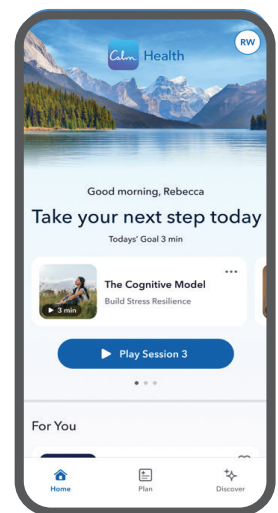
I currently pay for a Calm app subscription. How do I move to the Calm Health app that is included in my health plan?

To support your transition from the Calm app to the UnitedHealthcare Calm Health app experience:

- Download the "Calm Health" app in the Apple or Google app stores
- Log in using previous username and password you had for the Calm app. (Note, preferences won't transfer)
- When prompted, enter the access code: UHC
- Enter your username, member ID and date of birth to verify eligibility
- Follow the prompts to complete the Calm Health set up
- Be sure to cancel your Calm app subscription

Tap into tools and support

The Calm Health app brings you a library of support – including mindfulness content and programs created by psychologists – for a variety of health experiences and life stages.



Don't have the Calm Health app? Sign in at myuhc.com® to get started

If you don't have an account, select **Register** to create one first. After signing in, scroll to **My member resources** and select **Go to Calm Health**.

United
Healthcare®

Calm Health

The UnitedHealthcare® app is available for download for iPhone® or Android®. iPhone is a registered trademark of Apple, Inc. Android is a registered trademark of Google LLC.

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. Calm Health is not available to UnitedHealthcare E&I Fully Insured customers/members in District of Columbia, Maryland, New Jersey, New York, Pennsylvania, Virginia, and West Virginia due to regulatory filings. 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 16 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 16 is subject to the "Terms" and responsible for their child's activity on the services.

Insurance coverage provided by or through UnitedHealthcare Insurance Company or its affiliates. Administrative services provided by UnitedHealthCare Services, Inc. or their affiliates.