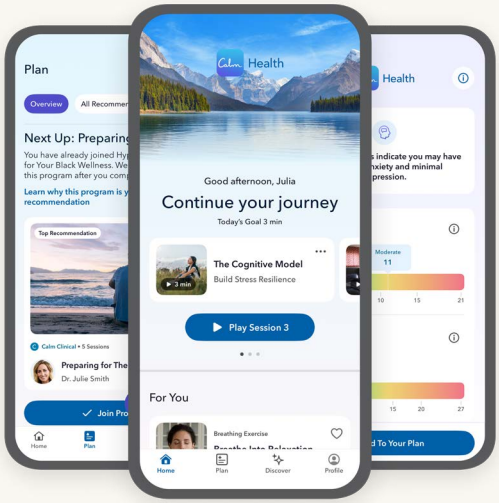
Optum

Calm Health

Welcome to Calm Health

Get ready to put your mental and physical health first



Exciting news: Your Calm app benefit is getting an upgrade to Calm Health — a new way to support your mental and physical wellbeing.

The Calm Health app provides much of the same content as the Calm app, plus evidence-based programs and personalized recommendations to help you feel your best. You'll find resources that help you build skills for managing stress, support sleep, adopt new habits and find greater wellbeing – all at no cost to you.

To register and download the Calm Health app, go to supportfinder.optum.com/parsons

Calm Health includes:

- **Evidence-based programs** written by psychologists to support your mental and physical wellbeing – from navigating stress and grief to aging and living with chronic pain
- **Mindfulness content,** including meditations, Sleep Stories, music and daily exercises to help you focus, relax and recharge
- **Personalized recommendations** for resources and tools tailored to your specific goals and interests
- **Weekly, clinically informed mini podcasts** that discuss the science of mind and body in a clear and simple format to offer you a quick reset or fresh perspective
- **Daily activities and on-demand content** to help you build and maintain healthy habits at your own pace

Calm Health should not be used for urgent care needs. If you are experiencing a medical emergency, call 911 or go to the nearest emergency room. If you are experiencing a non-life-threatening mental health crisis, call or text 988. Calm Health is not intended to diagnose or treat depression, anxiety or any other mental or physical health 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 health condition should be directed to your physician or health care provider. Calm Health is a mental wellness product. Participation is voluntary and subject to the Calm Health terms of use.

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