

Giving the gift of Calm

Calm Business for Dependents

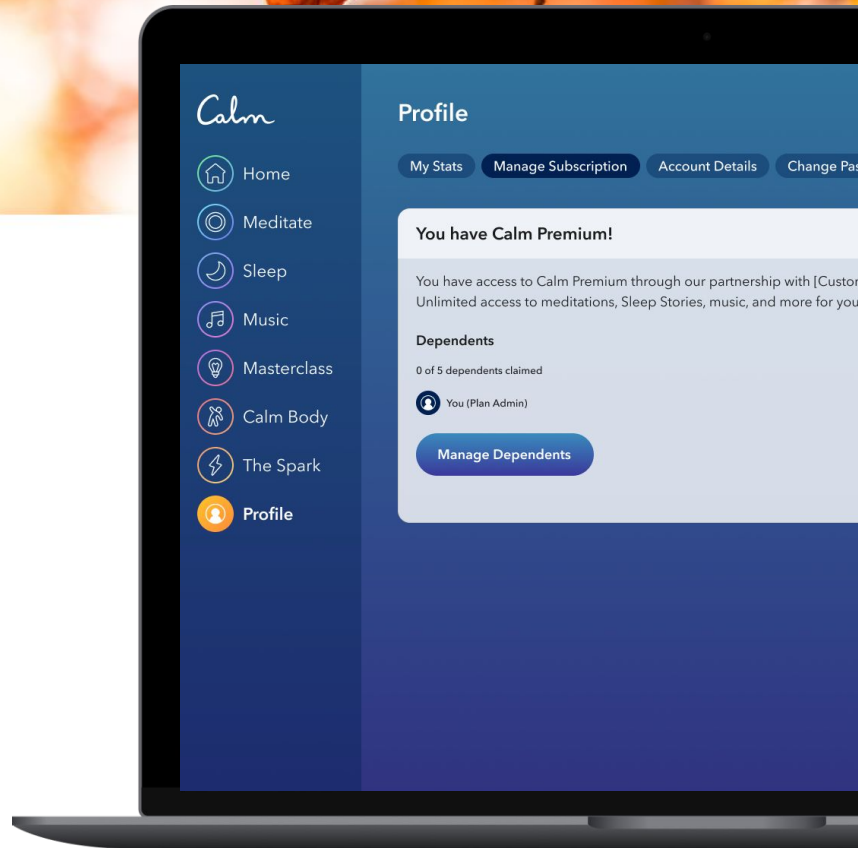
We believe mental health care should extend beyond you to your family. That's why we're offering dependent coverage with the Calm Business benefit!

Up to 5 of your dependents (16+ years old) can receive their own Calm Premium subscription. Here's how to give the gift of Calm:

- Scan the QR code below to create an account or log into an existing account



- Enter your WashU email to validate your subscription
- Add your dependents via the "Manage Subscription" page inside your Calm account at calm.com. Visit calm.com/dependents for step by step instructions!



Helps users * improve or better manage their mental health challenges



90% felt less anxious



81% felt less stressed



85% cited better sleep