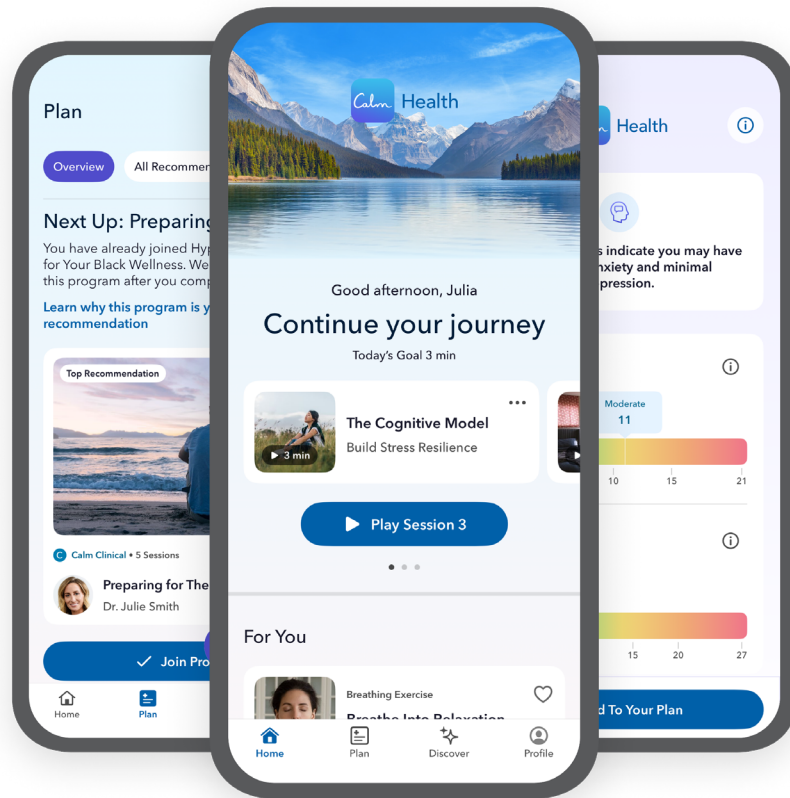




# Introducing Calm Health

Emotional Wellbeing Solutions | Benefits update

# Enhancing your benefits: Transitioning to Calm Health



## Delivering expanded support for your organization

Calm Health is an emotional wellbeing app that provides members access to a vast library of mindfulness content from Calm along with new features and benefits – including self-guided digital programs, evidence-based content and personalized recommendations. **Calm Health will be available globally as part of your Emotional Wellbeing Solutions benefits on July 1, 2026.**

Launch dates subject to change pending internal review and assessment of select features.

© 2026 Optum, Inc. All rights reserved.

# Calm Health | Launch overview



On **July 1, 2026**, the **Calm Health app will replace the Calm app benefit** that is currently embedded in your Emotional Wellbeing Solutions benefits offering. Calm Health will be available to eligible employees and members of their households at no cost to them.

- Calm Health is an emotional wellbeing app that provides members access to content from Calm in addition to new features and benefits – including self-guided digital programs, evidence-based content and personalized recommendations. Plus access to mental health screening tools (GAD-7, PHQ-9) in select regions.
- **Access to the Calm app will end on October 1, 2026.**



**Members will be informed of the change** via the Support Finder portal, direct communications and engagement materials beginning **July 1, 2026**.

Existing Calm app users:

- In-app notifications and emails will be sent by Calm to current users who are registered for Calm through their EWS benefits.
- Transition materials (member flyer, email, FAQ and quick start guide) will be available for you to use within your organization.

New users and ongoing Calm Health promotion:

- Engagement materials (flyer, email, desk drop, digital screen) will be available for you to use within your organization.



**To register for Calm Health**, employees will visit [supportfinder.optum.com/accesscode](https://supportfinder.optum.com/accesscode), select the Calm Health tile and follow the prompts.

# EWS Member registration overview

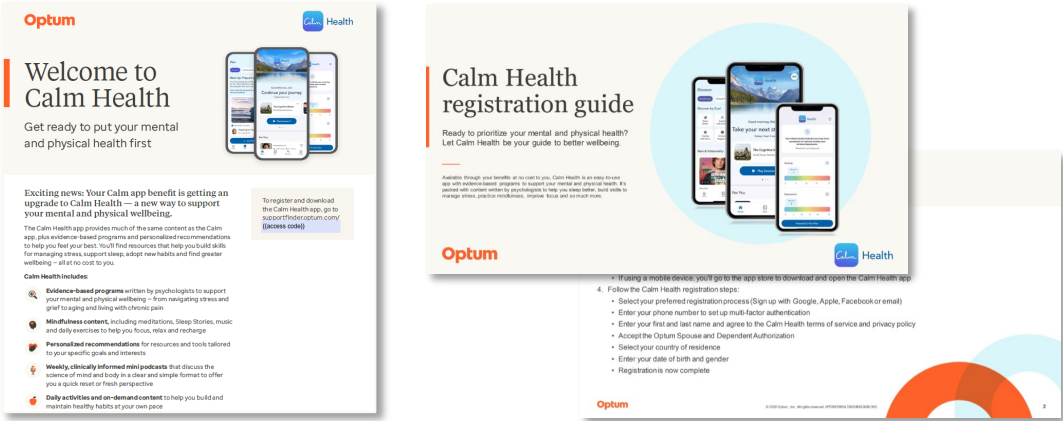
1. Visit: supportfinder.optum.com/{{access\_code}}.
2. Sign in with a Support Finder username.
3. Select Calm Health spotlight tile, linking to Calm Health registration page.
  - Users on a laptop will be sent to the Calm Health web landing page.
  - Users on a mobile device will be sent to the app store to download and open the Calm Health app
4. Follow the Calm Health registration steps.
  - Select their preferred registration process (sign up with Google, Apple, Facebook or email).
  - Enter their phone number to set up multifactor authentication.
  - Enter their first and last name and agree to the Calm Health terms of service and privacy policy.
  - Accept the Optum Spouse and Dependent Authorization.
  - Select their country of residence.
  - Enter their date of birth (required) and gender (optional).
  - Registration is now complete.

# Member material overview

## Transition resources

Materials available for you to use within your organization during the transition

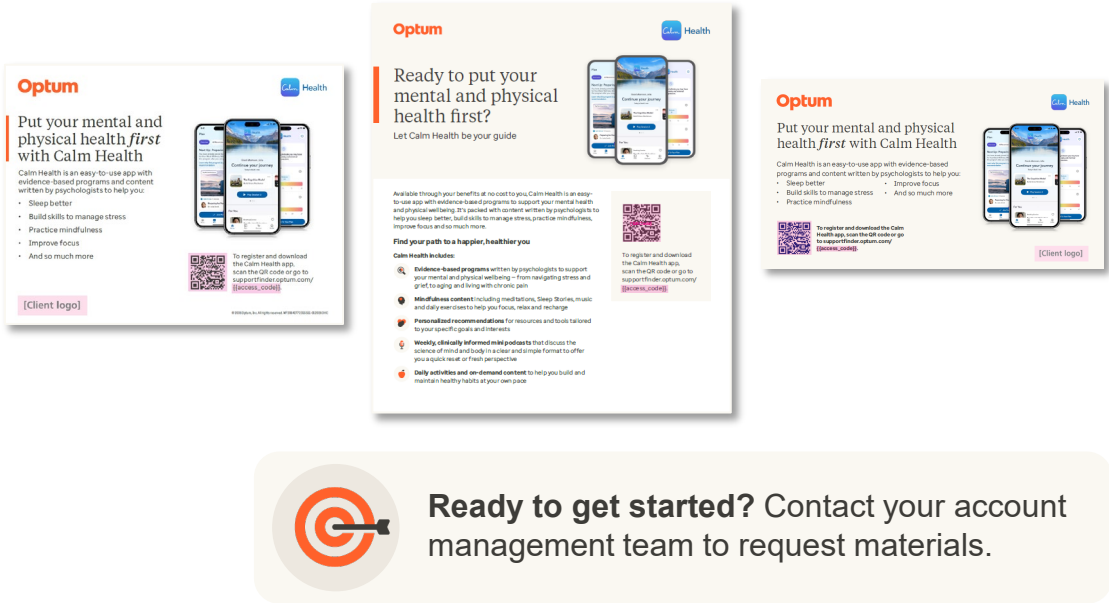
- Member flyer
- Email
- FAQ
- Quick start guide
- Open enrollment language



## Engagement resources

Materials available for you to use within your organization for ongoing promotion of Calm Health

- Member flyer
- Email
- Desk drop
- Digital screen

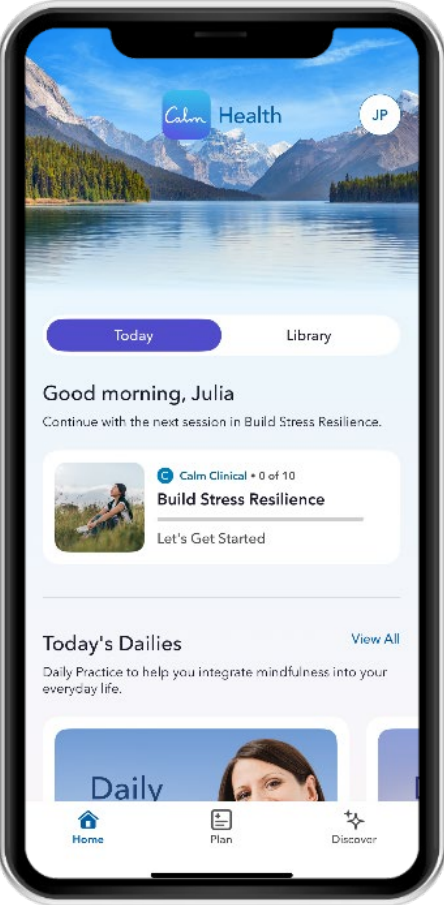




# Calm Health

Product details

# Convenient access to emotional wellbeing support with Calm Health



## On-demand support with no out-of-pocket member costs



**24/7 access to digital content**, including **evidence-based programs** created by psychologists.

### Topics include:

- Sleep, stress and mindfulness
- Mental health conditions, like anxiety and depression
- Support for life stages (grief, stress, parenting teens) and select health conditions



**Weekly, clinically informed audio episodes** that help increase engagement and support habit-building.



**Personalized recommendations** that drive engagement with relevant resources.



**Robust metrics and reporting** to help understand wellbeing needs, utilization and engagement.

Product features and content vary by country and may not be available in all regions

## Additional resources that provide an extra layer of health support



### **Mental health screenings**

Industry-recognized screenings (GAD-7 and PHQ-9) help personalize the experience, and guide users to the right resources.

---



### **Tailored recommendations for relevant condition-specific content**

Personalized plans include recommendations for digital programs based on user-defined goals, topics or conditions of interest.



\*Additional features available for select regions only (U.S., UK, Canada, European Union). European Union (EU) experience applies to all EU countries and Norway, Iceland, Lichtenstein and Switzerland



# Calm Health global product features

| Feature                  | United States                                                                                                                                                                               | Canada                      | United Kingdom | European Union (EU)* | Global                                                                                                                                                                                      |
|--------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------|----------------|----------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Crisis Line              | 911/988                                                                                                                                                                                     | 988 Suicide crisis helpline | Samaritans     | Third-party referral |                                                                                                                                                                                             |
| Onboarding               | Users can select their top goals, topics and conditions of interest                                                                                                                         |                             |                |                      | Goals and topics only                                                                                                                                                                       |
| Mental health screenings | GAD-7 and PHQ-9 are shown at onboarding with monthly reminders                                                                                                                              |                             |                |                      | No screenings                                                                                                                                                                               |
| Household member access  | Emotional Wellbeing Solutions (EWS) provides support to an employee and all members of their household. Members of their household may register for Calm Health through their EWS benefits. |                             |                |                      | Emotional Wellbeing Solutions (EWS) provides support to an employee and all members of their household. Members of their household may register for Calm Health through their EWS benefits. |
| Language support         | Clinical content is in English with captions in the following languages: English, French, Spanish, German, Portuguese, Korean, Japanese, Mandarin, Polish, Italian                          |                             |                |                      |                                                                                                                                                                                             |

# Optum

Optum is a registered trademark of Optum, Inc. in the U.S. and other jurisdictions. All other brand or product names are the property of their respective owners. Because we are continuously improving our products and services, Optum reserves the right to change specifications without prior notice. Optum is an equal opportunity employer.

© 2025 Optum, Inc. All rights reserved.