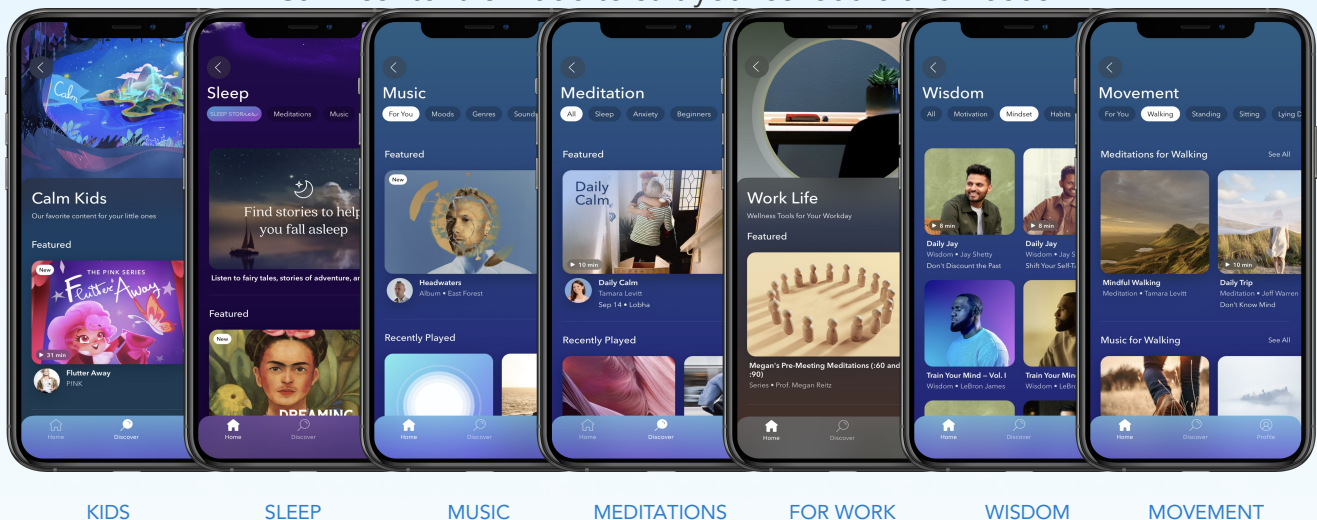





# Free Calm Subscription For Benefit Eligible Employees

The world's #1 app for sleep, meditation and relaxation

Millions of people are experiencing lower stress, less anxiety, improved focus and more restful sleep with Calm. Whether you have 30 seconds or 30 minutes, Calm content is made to suit your schedule and needs.



Follow the below instructions to redeem your Calm Premium subscription:

1. Download and open the Calm app
2. Create an account with a personal email address and go to Profile > Settings  > Link Employer Subscription
3. Click on *Redeem via Email*
4. Enter your credentials to activate your free subscription. If at any point you're asked to enter your organization name, please enter **lcic**.

If you already have an existing Calm account, go to your Settings > Link Employer Subscription and follow steps 3 and 4.

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Once you've signed up, you can [add up to 5 dependents](#) (age 16 years or older) via the "Manage Subscription" page inside your Calm account at [www.calm.com](https://www.calm.com).

Need help? Reach out to the [Calm Support Team](#) with any questions.



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KIDS

SLEEP

MUSIC

MEDITATIONS

FOR WORK

WISDOM

MOVEMENT



To activate your subscription, scan the QR code or visit:

<https://www.calm.com/b2b/lcic/subscribe>

This must be done on a web or mobile browser (not in the app itself).

Once on the page:

- Sign in to your existing Calm account or create an account
- Enter your **work email** in the box provided to activate the subscription on your Calm account
- Download the Calm app and log in to your account to access the premium content
- Once you've signed up, you can [add up to 5 dependents](#) (age 16 years or older) via the "Manage Subscription" page inside your Calm account at [www.calm.com](https://www.calm.com)

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