

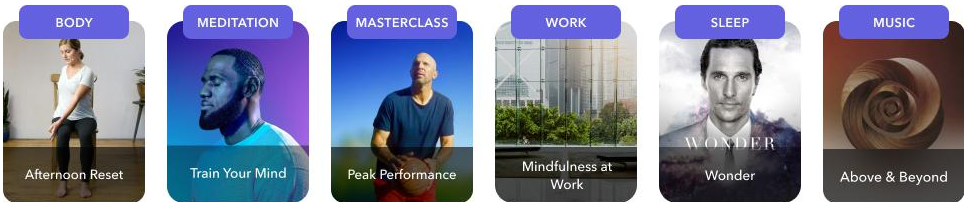
# Develop a happier, healthier, more effective workforce

With the #1 brand for mental fitness and resilience

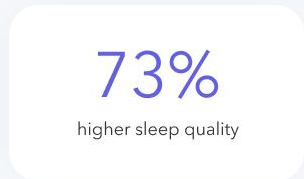
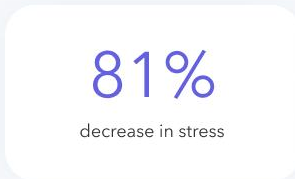
More than 80% of adults suffer from work-related stress<sup>1</sup> and 40% experience symptoms of anxiety or depression<sup>2</sup>. That's why empowering your employees with a mental health benefit is more important than ever before.

Calm for Business offers a global program to support employee mental health and build resilience through better sleep, reduced stress and anxiety, and improved mindfulness.

Calm's comprehensive, diverse, and highly-accessible mental wellness resources are designed to support the broad spectrum of needs across your employees.



## See the difference in your employees



Based on a study (N=12,151) using survey data from Calm subscribers who used the app more than five times per week.

1. Stress.org  
2. Kaiser Family Foundation, 2021

# Your partner for improving mental health and well-being across the company

## Benefits for your employees

- Employees gain unlimited access to Calm's entire platform of content, including Calm for Work, Meditations, Sleep Stories, Calm Body, Masterclasses, and a range of tools for building healthy habits.
- With more than 100 different narrators and content in 7 native languages, there's something for everyone.

## Benefits for admins

- We know it's a challenge to drive high adoption with employee benefits—Calm is here to help.
- With the Calm for Business engagement program, dedicated account manager, and the Partner Portal, you'll have everything you need to maximize adoption, measure program performance, and drive towards long-term goals.

## Why Calm for Business is so effective



### Industry leading engagement and utilization

30% sign-up and 80% engagement rates on average



### Scientifically-validated outcomes

Proven rigorous studies; led by NIH funded research investigator and Scientific Advisory Board



### Effortless program management

Dedicated account manager, easy to use admin portal, and robust reporting



### Comprehensive engagement strategy

Curated communications, marketing strategies, and live events for optimal engagement



## Benefits include:

### For Employees

- Unlimited access to Calm's entire platform of content
- Content available in 7 native languages: English, Spanish, Portuguese, French, Korean, German, Japanese
- Virtual events and webinars
- Ambassador Program to drive adoption and engagement
- Monthly newsletters, workbooks, and wellness calendars
- 24/7 technical calendars

### For Admins

- Dedicated Account Manager to help drive success and overall health of partnership
- Partner Portal for program management, implementation, and reporting/analytics
- Eligibility file or SSO integration
- Employee self-assessments to measure impact and efficacy of program
- Customized launch plan to boost engagement
- Tailored wellness strategies and ongoing engagement support
- Usage analytics and insights reporting
- No set-up or implementation fees
- Seamless implementation—activate Calm in 1 day

TRUSTED BY MORE THAN 1,500 ORGANIZATIONS GLOBALLY

 Berkeley  
UNIVERSITY OF CALIFORNIA

 LINCOLN

 Kraft Heinz

 UNIVERSAL  
UNIVERSAL MUSIC GROUP

 Cedars  
Sinai

 NUANCE

 Reebok

 gofundme

 Edelman

 overstock.