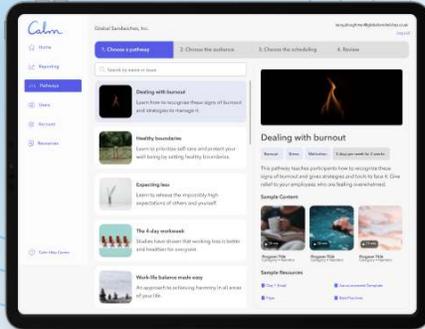




We help
companies
make sense of
mental health





What is Calm?

Accessing mental health support should be something everyone is able to do.

We take our award-winning approach to sleep, mental resilience, and relaxation and apply it to robust tools for HR and People Leaders to confidently address mental health at work and beyond.

The result? Our customers are equipped to take an active role in making quality mental wellness a pillar of their culture, supporting their employees to effectively manage their well-being and stay as productive as possible.



3,500+

Organizations trust Calm



10M+

Employees supported globally



190+

Countries use Calm



7

Languages with localized content



2X more

Users have rated Calm as a “place of relief” compared to industry competitors



“

Calm allows me to ease my anxiety and manage my stress from work or at work. I better engage in my work and with my peers and obtain good presence during meetings so I am focused on the task at hand. It boosts my productivity and my overall emotions which allows me to better connect with my team.

Employee Testimonial

Proven Mental Health Outcomes through Evidence-Based Approach

We deliver on the results that matter most to you and your organization - improving employee health and increasing workplace productivity.

Calm is shown to help its users improve or better manage their sleep, stress, and anxiousness.

26+

Research studies published in peer-reviewed journals





Improved employee health¹

24% decrease in anxiety symptoms

25% decrease in depressive symptoms

21% decrease in insomnia symptoms



“

I have clinical anxiety and PTSD. Having access to Calm has helped me understand and manage the anxiety attacks. It has become a part of my daily life.

Employee Testimonial



Increased workplace productivity²

21% more engaged

18% more motivated

3x less likely to call in sick



“

My employer understands that taking care of employees' mental health is important. They value me as a whole person.

Employee Testimonial

1. Huberty JL, Espel-Huynh HM, Neher TL, Puzia ME. Testing the Pragmatic Effectiveness of a Consumer-Based Mindfulness Mobile App in the Workplace: Randomized Controlled Trial. JMIR Mhealth Uhealth. 2022 Sep 28;10(9):e38903. doi: 10.2196/38903. PMID: 36169991; PMCID: PMC9557765.

2. Calm productivity research was fielded among n = 3,000; 18-65-year-olds in the US during October 17, 2021 - October 24, 2021 and is nationally representative with quotas across age, gender, race, ethnicity, and region.

We make mental health approachable

At its core, Calm's globally diverse content and variety of formats make it easy to get started and keep coming back to. With more than **3,000 pieces of content**, there is something for your organization and their dependents - no matter what their comfort level is with exploring their mental health.

“ We selected Calm because they had the most diverse and extensive language support. Not a lot of vendors offered this.



Learn more at business.calm.com



Promote personal and professional growth through live, interactive shared experiences

Calm Workshops are interactive, facilitated forums designed to help organizations transform how they talk about mental health.

Sessions deliver clear, easy-to-implement mental health guidance and skill-building tips and are run by Calm's certified health and wellness experts.

Example topics:

- ▶ Minimizing Stress and Burnout
- ▶ Healthy Boundaries and How to Set Them
- ▶ Leading Cultures that Create Work-life Balance
- ▶ Bringing Well-Being to Life at Your Workplace through DEIB

All workshops include:

- ▶ Education aligned with Calm in-app content
- ▶ Resource guides and data insights
- ▶ Audience participation and interaction
- ▶ Applied learning and reflection activities

Calm Workshops



“*Fantastic introduction to the practice and great supporting materials to guide/encourage broader use within the organization.*

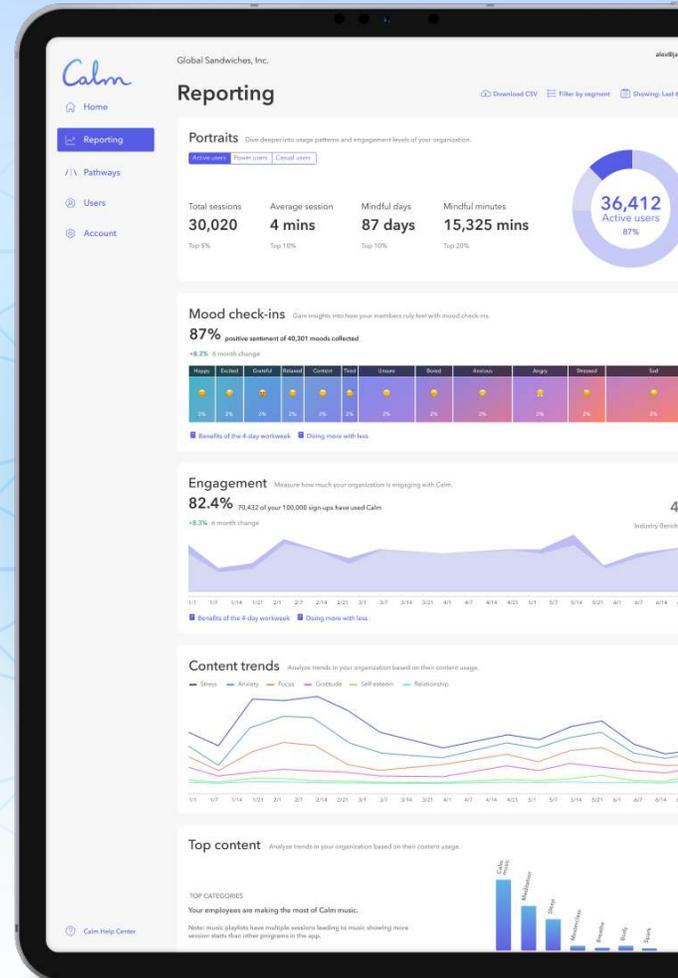
BlackRock

Taking action with Calm is intuitive

We help organizational leaders develop as mental health champions, with hands-on consultation and enterprise-grade tools that enable proactive involvement.

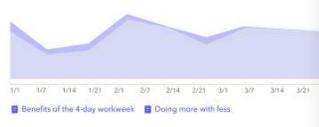
Dedicated Customer Success Team

From launch to ongoing action planning, your dedicated Customer Success Manager will help you create and manage a dynamic, personalized plan for weaving Calm in your organization.



Engagement

Measure how much your organization is engaging with
82.4% 70,432 of your 100,000 sign-ups have used Calm
+8.3% 6 month change



Utilization Metrics

View key metrics like sign-up and engagement rates

Mood check-ins

87% positive sentiment of 40,301 moods collected
+8.3% 6 month change



Behavioral Insights

See how your employees are feeling with our suite of behavioral analytic tools

Member feedback

Track how many members have activated it

"Really happy about it"

"I use the music to get focused"

"Love it for sleeping at night"

"Calm has helped me during this time to help me sleep at night and meditate for the first time"

Employee Feedback

Read employee feedback on how Calm is creating lasting impact

ENGAGEMENT STRATEGY
Finding Balance
Helps you understand how to balance work and life. It's a daily reminder to take a break and recharge. It's a daily reminder to take a break and recharge. It's a daily reminder to take a break and recharge.

1 in 4
150-300
76-83%

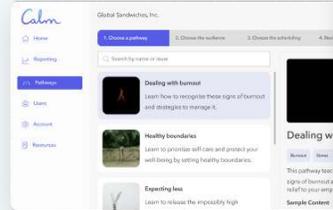
Engagement Resources

Share out relevant monthly engagement strategies right from your portal



Workplace Integrations

Bring teams together with Calm's Microsoft Teams & Zoom integrations



Pathways

Guide users to curated collections of in-app content on a specific mental health challenge

Our products and services fit into your every day

Calm tools are designed to work independently and together, and can be infused into your organization's infrastructure for easy discovery and accessibility.



Workplace Integrations (Microsoft Teams & Zoom)

Monthly Engagement Strategies

Personalization and Branding

SFTP Roster Integration

Calm Workshops

EAP Tie-in



“ We appreciate Calm’s focus on cultural relevance when it comes to mental health. It’s a platform that taps into instructors from local regions and ethnicities to develop culturally relevant mental health resources. It’s not just a bot translation.

**Global Well-Being & Benefits Manager
at Zendesk**



“ We felt Calm and our collaboration on the Mindful Manager program was an incredible step toward a mental health intervention that helped our leaders reduce their own stress and create a more connected, supportive work environment for their teams.

**Associate Director of People Experience
at Ogilvy**



“ We were looking for an easily accessible solution that would allow airport employees to step away from the environment to decompress. With Calm, they can curate their own virtual wellness space. They can put on their headset, connect, and destress sitting or walking anywhere in the airport. Calm puts wellness in the palm of their hand.

**Program Manager for Organizational
Development, Human Resources at GTAA**



“ We liked Calm because it’s more comprehensive and hits several of our pillars, including movement exercises for our physical well-being pillar, sleep meditations and stories for our sleep pillar, breathing exercises for our emotional pillar, and master classes for our intellectual pillar.

VP of Global Benefits at GLG



Discover the Calm Difference

Schedule a demo at: business.calm.com

