

# IT'S TIME TO CONNECT TO CALM<sup>®</sup>

Stress. We all have it. It can lead to trouble sleeping, increased feelings of anxiety, and even a decreased ability to focus throughout the day. All of which can have a significant impact on your overall health and wellbeing.

That's why Excellus BCBS is providing you a free subscription to the Calm<sup>®</sup> app – a digital experience to help you manage stress and build resilience through better sleep, mindfulness, and meditation.



## THIS NEW STRESS MANAGEMENT PROGRAM offers 24/7 access to a digital library filled with resources including:

- Original Daily Calm meditation added to the content library each day
- Hours of guided meditations covering sleep, anxiety, stress, gratitude, and much more
- More than 120 Sleep Stories, with new stories added every week
- Exclusive music tracks for focus, relaxation, and sleep
- Masterclasses featuring world-renowned mindfulness experts

## THE BEST PART ABOUT CALM? It's proven to deliver results.\*

- **92%** of users report an improved ability to fall asleep
- **90%** of users with an anxiety disorder diagnosis reported an improved ability to manage their symptoms
- **81%** of users with sleep difficulties report a significant reduction in stress after 8 weeks
- **78%** of users say they experience better moods
- **64%** of users report better concentration during the day
- **62%** of users report having more energy



**A 12-month premium subscription to the Calm App is included  
with your health plan. Log into your member account to get started.  
Member.ExcellusBCBS.com**

\*2020 Calm Science data, [www.calm.com/science](http://www.calm.com/science)

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Calm is an independent company that provides a mobile app for sleep, meditation and relaxation to Excellus BCBS members.

Our Health Plan complies with federal civil rights laws. We do not discriminate on the basis of race, color, origin, age, disability, or sex.

Atención: Si habla español, contamos con ayuda gratuita de idiomas disponible para usted.

Consulte el documento adjunto para ver las formas en que puede comunicarse con nosotros.

注意：如果您说中文，我们可为您提供免费的语言协助。请参见随附的文件以获取我们的联系方式。

