

# Calm App

## CHANGES TO HOW YOU ACCESS YOUR BENEFIT



**B**eginning December 28, 2025, there will be a change to how you access the Calm app, the number one app for mental fitness, including stress relief.

### **For Participants Enrolled in Kaiser Permanente, Health Net and All Medicare Advantage Plans:**

You will have the same access to the Calm app that you experience today.

#### **To access the Calm app, follow these steps:**

- 1 Download the Calm app
- 2 Create an account
- 3 Once in your account, select "Go to Profile"
  - ▶ Select gear icon for "Settings" menu
  - ▶ Select "Link Organization Subscription"
  - ▶ Enter "Optum EWS" and click "Continue"
  - ▶ Enter "MPIPHP"

### **For Participants Enrolled in Anthem Blue Cross and Oxford:**

You will have the same access to the Calm app you experience today, plus additional access to the Calm Health app. You may access all of the Calm benefits (both the Calm app and the Calm Health app) using the Calm Health app. If, however, you would only like to use the Calm app, you may access it using the instructions under the previous section entitled, "For Participants Enrolled in Kaiser Permanente, Health Net and All Medicare Advantage Plans." Please note: If you enroll in the Calm Health app, your current Calm app preferences will not transfer. You will need to save your preferences the first time you access Calm Health.

#### **To access the Calm Health app, follow these steps:**

- 1 Go to the App Store or Google Play and download the Calm Health app
- 2 Sign up using Google, Apple, Facebook or email
- 3 Enter "OPTUM" as the "Access Code"
- 4 Verify your eligibility by entering your name, date of birth and MPI ID number as it appears on file with MPI

The Calm benefits are available to you free-of-charge.