



# Mind. Body. You.

Make the  
connection with  
Calm Health.



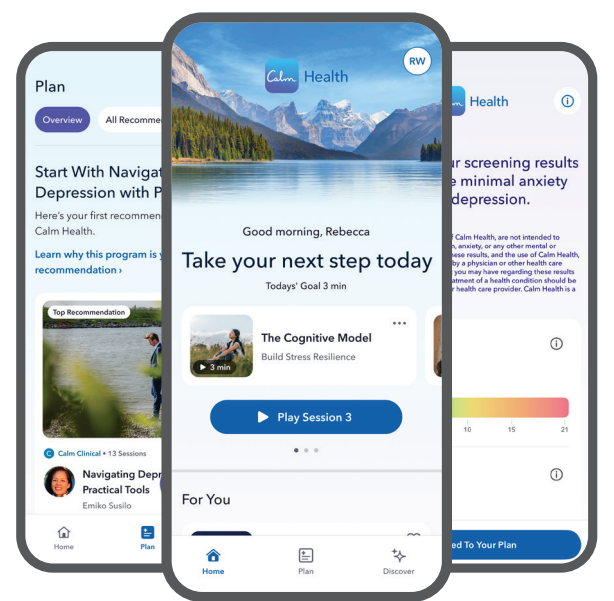
## An app to help support your mental well-being

The Calm Health app connects you to self-guided self-care programs and tools to help support your mental health and well-being – all at your own pace.



Scan this code to get started  
or visit [uhc.app/calm](https://uhc.app/calm)

You'll be prompted to sign in on the UnitedHealthcare® app or at [myuhc.com](https://myuhc.com)® first. If you don't have an account, select Register to create one.



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Calm Health

Calm Health is not intended to diagnose or treat depression, anxiety, or any other disease or condition. The use of Calm Health is not a substitute for care by a physician or other health care provider. Any questions that you may have regarding the diagnosis, care, or treatment of a medical condition should be directed to your physician or health care provider. Calm Health is a mental wellness product, and is not intended to make any mental health recommendations or give clinical advice. Calm Health is not available to UnitedHealthcare E&I Fully Insured customers/members in District of Columbia, Maryland, New Jersey, New York, Pennsylvania, Virginia, and West Virginia due to regulatory filings. Employee benefits including group health plan benefits may be taxable benefits unless they fit into specific exception categories. Please consult with your tax specialist to determine taxability of these offerings. Images provided for illustrative purposes only. Members must be 16 years or older to use the services, unless a parent or legal guardian agrees to Calm "Terms." The parent or legal guardian of a user under the age of 16 is subject to the "Terms" and responsible for their child's activity on the services.

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