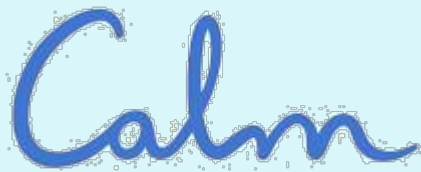




Registration Process



Who Is This Guide For?

This guide is for MPI employees* who are eligible for Optum EAP, regardless of medical vendor enrollment. Eligible medical plans include:

- Anthem Blue Cross
- Health Net
- Kaiser Permanente
- Oxford UHC
- All Medicare Advantage Plans

How this Guide Helps You Get Started

- **Existing Users:** [Changing Setting in Calm App](#)
- **New Users:** [Creating Calm Account](#)

**Your spouse and eligible dependents have access to the Calm app regardless of the medical plan option you selected.*



Relieve stress and anxiety

Explore practical tools, breathing exercises and quick courses designed to help you manage symptoms of stress and anxiety and settle them in the moment.



Sleep better

Relax and fall asleep more easily with soothing sleep stories read by celebrities, meditations, natural sounds and exclusive music selections.



Live more mindfully

Get daily mindfulness, wisdom and encouragement to quiet your mind, build healthy habits and nurture positivity with short, guided sessions and courses.

Not Sure Where to Start?

Use the questions below to jump to the section that fits you best

I'm an existing **Calm** user

I have used Calm before and now need to link or update to the Optum subscription

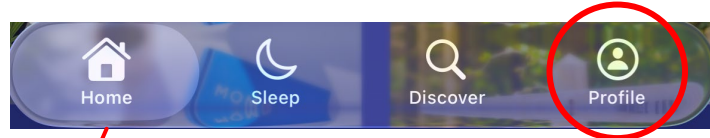
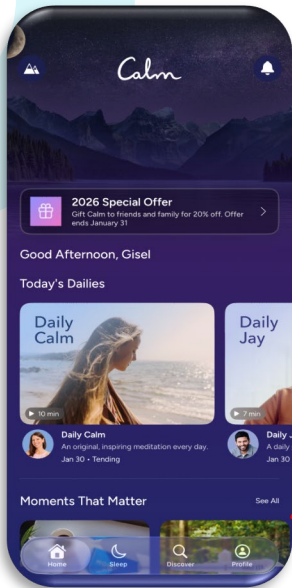
 Go to Section 1: [Existing Users with a Calm Account. How to Set-up Optum EAP\(EWS\) Subscription](#)

I'm a first-time **Calm** user

It is my first time using Calm, and I need to set-up my Calm account and Calm App

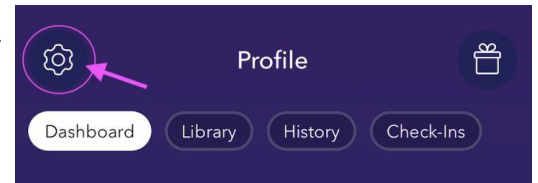
 Go to Section 2: [Setting Up Your Calm Account](#)

Section 1: Existing Users with a Calm Mobile App. How to Set up Optum EAP (EWS) Subscription

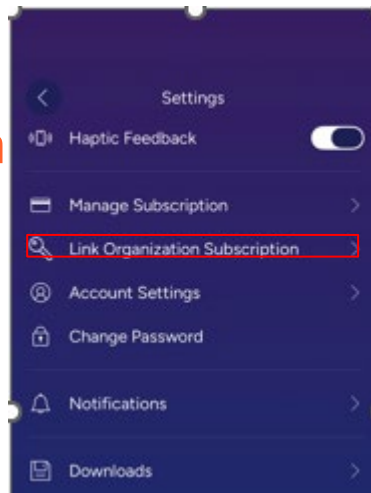


1. Go to **Profile**

2. Select **gear** Icon for **Settings** menu



3. Select **Link Organization Subscription**



4. Enter **"Optum EWS"** and click continue

A screenshot of the Calm mobile app screen titled "Enter your organization's name". The text says: "You may be eligible for Calm Premium for free courtesy of your organization. Type your organization's full name to proceed." There is a text input field with the placeholder "Organization" and the text "Optum EWS" entered. Below the input field is a "Continue" button.

5. Enter **Group Code: MPIPHP**

A screenshot of the Calm mobile app screen titled "Redeem via Group Code". The text says: "Provide your organization's group code. Enter the code provided by your organization to verify your eligibility for Calm Premium." There is a text input field with the placeholder "Your group code" and the text "MPIPHP" entered. Below the input field is a "Submit" button.

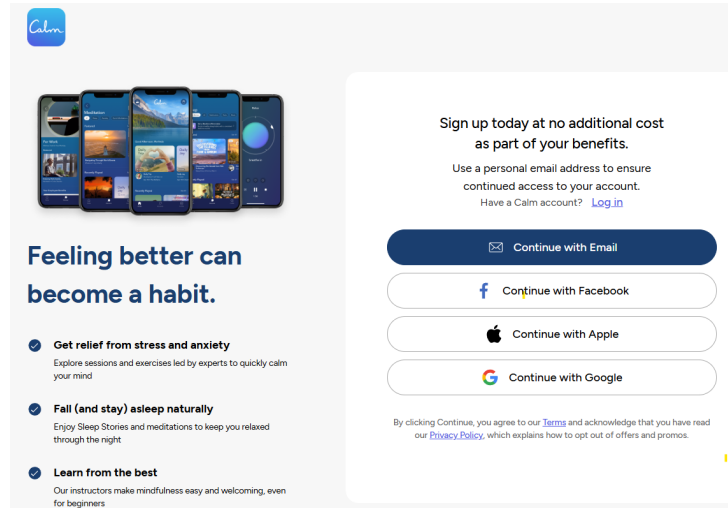
Optum

Section 2: Setting Up Your Calm Account

Open this URL: <https://www.calm.com/b2b/ews/subscribe?code=mpiphp>

Step 1

Follow the prompts and sign-up using google, Facebook, or email (must be the same method to log-in at a future date)



Sign up today at no additional cost as part of your benefits. Use a personal email address to ensure continued access to your account. Have a Calm account? [Log in](#)

Continue with Email

Continue with Facebook

Continue with Apple

Continue with Google

By clicking Continue, you agree to our [Terms](#) and acknowledge that you have read our [Privacy Policy](#), which explains how to opt out of offers and promos.

Step 2

Create your Calm Account by entering your First Name, Email address, and Password



12:42

Calm

Create your Calm account

Continue below

First Name*

Email address*

Password*

Sign Up

Already have a Calm account? [Log in](#)

Step 3

Download the Calm App using the QR code and/or from your mobile app store. Use the same email address.

Your Calm account is now active!

Download the Calm app to your mobile device and log in with the same **email address** you used to activate your account in order to unlock all of Calm's great content.

Scan the QR code to easily download the Calm mobile app.



OR

Open Calm App

Optum

