



Empower your workforce

With a stigma-free, proactive, and already-popular resource they'll actually want to use

More than 80% of adults suffer from work-related stress¹ and 40% experience symptoms of anxiety or depression². Your employees need a mental health solution that they want to use and can access anytime, anywhere.

Calm Business is a global mental health solution that supports employee mental well-being through clinically proven outcomes like better sleep, reduced stress and anxiety, and improved mindfulness.

Calm's comprehensive, diverse, and highly accessible mental wellness resources are designed to support a broad spectrum of needs across your population.

(1) Stress.org

(2) Kaiser Family Foundation, 2021



See the difference
in your employees

Based on a study (N=12,151) using survey data from Calm subscribers who used the app more than five times per week.

84%

improved mental health

81%

decrease in stress

90%

improved anxiety

Your partner for improving mental health and well-being across the company

Benefits for your employees

- Employees gain unlimited access to Calm's entire platform of content, including Calm for Work, Meditations, Sleep Stories, Calm Body, Masterclasses, and a range of tools for building healthy habits.
- With more than 350 different narrators and content in 7 native languages, there's something for everyone.

Benefits for admins

- We know it's a challenge to drive high adoption with employee benefits—Calm is here to help.
- With the Calm engagement program, dedicated Customer Success Manager, and the Partner Portal, you'll have everything you need to maximize adoption, measure program performance, and drive towards long-term goals.



Why Calm is so effective



Industry leading engagement and utilization

26% sign-up and 80% engagement rates on average



Scientifically-validated outcomes

Proven rigorous studies; led by NIH-funded research investigator and Scientific Advisory Board



Diverse mental health content

42% BIPOC* representation; 2,000+ pieces of content across 7 languages, curated with local narrators and language consultants



Effortless program management

Dedicated Customer Success Manager, easy to use admin portal, and robust reporting

* Black, Indigenous, and people of color



Company Name

Your plan

Number of employees:

Benefits include:

For Employees

- Unlimited access to Calm's entire platform of content for you and up to 5 dependents
- Content available in 7 native languages: English, Spanish, Portuguese, French, Korean, German, Japanese
- "Getting Started with Calm" webinar
- Monthly newsletters, workbooks, and wellness calendars
- 24/7 technical assistance

For Admins

- Dedicated Customer Success Manager to help drive overall health of partnership
- Partner Portal for program management, implementation, and reporting/analytics
- Eligibility file or SSO integration
- Employee self-assessments to measure impact and efficacy of program
- Customized launch plan to boost engagement
- Tailored wellness strategies and ongoing engagement support
- Usage analytics and insights reporting
- No set-up or implementation fees
- Seamless implementation

Annual investment

Call for more details

[This price is valid until 00/00/0000](#)

Trusted by more than 2,500 organizations globally



SB Version

Your partner for improving mental health and well-being across the company

Benefits for your employees

- Employees gain unlimited access to Calm's entire platform of content, including Calm for Work, Meditations, Sleep Stories, Calm Body, Masterclasses, and a range of tools for building healthy habits.
- With more than 350 different narrators and content in 7 native languages, there's something for everyone.

Benefits for admins

- We know it's a challenge to drive high adoption with employee benefits—Calm is here to help.
- With the Calm engagement program and the Partner Portal, you'll have everything you need to maximize adoption, measure program performance, and drive towards long-term goals.



Why Calm is so effective



Industry leading engagement and utilization

40% sign-up and 80% engagement rates on average



Scientifically-validated outcomes

Proven rigorous studies; led by NIH-funded research investigator and Scientific Advisory Board



Diverse mental health content

42% BIPOC* representation; 2,000+ pieces of content across 7 languages, curated with local narrators and language consultants



Effortless program management

Customer Success Manager, easy to use admin portal, and robust reporting

* Black, Indigenous, and people of color



Company Name

Your plan

Number of employees:

XXXX

Benefits include:

For Employees

- Unlimited access to Calm's entire platform of content for you and up to 5 dependents
- Content available in 7 native languages: English, Spanish, Portuguese, French, Korean, German, Japanese
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- No set-up or implementation fees
- Seamless implementation

Annual investment

\$00,000

This price is valid until 00/00/0000

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MM Version

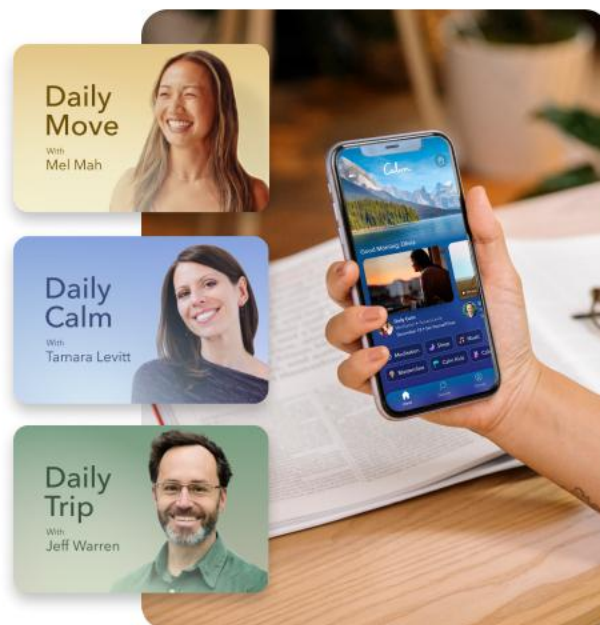
Your partner for improving mental health and well-being across the company

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Benefits for admins

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Why Calm is so effective



Industry leading engagement and utilization

30% sign-up and 78% engagement rates on average



Scientifically-validated outcomes

Proven rigorous studies; led by NIH-funded research investigator and Scientific Advisory Board



Diverse mental health content

42% BIPOC* representation; 2,000+ pieces of content across 7 languages, curated with local narrators and language consultants



Effortless program management

Dedicated Customer Success Manager, easy to use admin portal, and robust reporting

* Black, Indigenous, and people of color

ENT Version

Your partner for improving mental health and well-being across the company

Benefits for your employees

- Employees gain unlimited access to Calm's entire platform of content, including Calm for Work, Meditations, Sleep Stories, Calm Body, Masterclasses, and a range of tools for building healthy habits.
- With more than 350 different narrators and content in 7 native languages, there's something for everyone.

Benefits for admins

- We know it's a challenge to drive high adoption with employee benefits—Calm is here to help.
- With the Calm engagement program, dedicated Customer Success Manager, and the Partner Portal, you'll have everything you need to maximize adoption, measure program performance, and drive towards long-term goals.



Why Calm is so effective



Industry leading engagement and utilization

22% sign-up and 80% engagement rates on average



Scientifically-validated outcomes

Proven rigorous studies; led by NIH-funded research investigator and Scientific Advisory Board



Diverse mental health content

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Effortless program management

Dedicated Customer Success Manager, easy to use admin portal, and robust reporting

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