

Calm App

CHANGES TO HOW YOU ACCESS YOUR BENEFIT



Changes have been made to the way you access the Calm app, the number one app for mental fitness and stress relief.

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

The features that were available to you on the Calm app remain the same.

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"
- 4 Select gear icon for "Settings" menu
- 5 Select "Link Organization Subscription"
- 6 Enter "Optum EWS" and click "Continue"
- 7 Enter "MPIPHP"

For Participants Enrolled in Anthem Blue Cross and Oxford:

The features that were available to you on the Calm app remain the same, 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 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

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



MOTION PICTURE INDUSTRY PENSION & HEALTH PLANS

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