



# Calm App

Another  
Benefit to  
Support You



The Motion Picture Industry Health Plan is pleased to provide **you and up to five members of your household** with access to the **Calm app**, the number one app for mental fitness, including stress relief. The Calm app is available **free-of-charge**.

To access free premium content through the Calm app:

- 1 Download and open the Calm app. You can download Calm from the **App Store** or from **Google Play**.
- 2 Create an account with a personal email address and go to Profile > Settings > Link Organization Subscription
- 3 Click on Redeem via Group Code and enter **FreeCalmMPI**



MOTION PICTURE INDUSTRY PENSION & HEALTH PLANS

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