

Mind. Body. You.

Make the connection with Calm Health.

The Calm Health app provides programs and tools to help support your mental health and well-being—at your own pace.

As a Surest member, Calm Health is included in your health plan and available at no additional cost.

Resources to help support your mental health

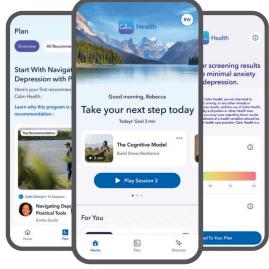
To help tailor your Calm Health experience, you'll begin with a short mental health screening. Then, certain programs will be suggested based on your well-being journey.

Tap into tools and support

The Calm Health app brings you a library of support—including mindfulness content and programs created by psychologists—for a variety of health experiences and life stages. This information is designed to help you:

- Learn techniques to improve well-being: Find tools, music and sounds to help you meditate, improve focus, move mindfully, and feel calm
- Work toward goals: Join self-guided self-care programs, and track your progress along the way
- Support your mind and body: Access mental health information and support to help you strengthen the mind-body connection





Illustrative examples only.



Get started with Calm Health. Scan this QR code.



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 £&I Fully Insured customers/members in District of Columbia, Maryland, 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.

Insurance coverage for fully insured plans is provided by All Savers Insurance Company (for FL, GA, OH, UT and VA), by United Healthcare Insurance Company of IL (for IL), by United Healthcare of Kentucky, Ltd. (for KY), or by United Healthcare Insurance Company (for AL, AR, AZ, CA, CO, DC, DE, GA, IA, ID, IL, IN, KS, KY, LA, MD, MI, MN, MO, MS, MT, NC, NE, NH, NV, OH, OK, PA, RI, SC, SD, TN, TX, UT, VA, WI, WV and WY). These policies have exclusions, limitations, and terms under which the policy may be continued in force or discontinued. For costs and complete details of the coverage, contact either your broker or the company. Administrative services for insurance products underwritten by All Savers Insurance Company and United Healthcare Insurance Company, and for self-funded plans, are provided by Bind Benefits, Inc. d/b/a Surest, its affiliate United HealthCare Services, Inc., or by Bind Benefits, Inc., d/b/a Surest. All rights reserved. B2B2C_24-Al-967059_9924