



With 180M downloads, people know and use Calm



"THE ATLANTIC"
DESCRIBED THIS
4-LETTER MEDITATION
APP AS "ONE OF
THE MOST POPULAR
APPS IN EXISTENCE,
FULL STOP"

Calm



3,500+ organizations trust the Calm brand

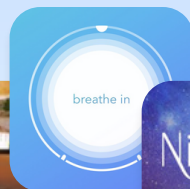


The evolution to a mental wellness platform for work and life

Meditations



Breathe



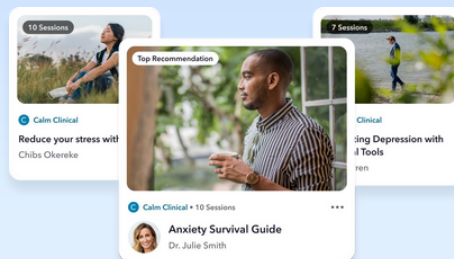
Music



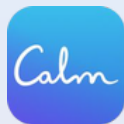
Sleep Stories



Clinical Programs



Mental Health Screening



Dailies

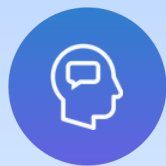


Movement



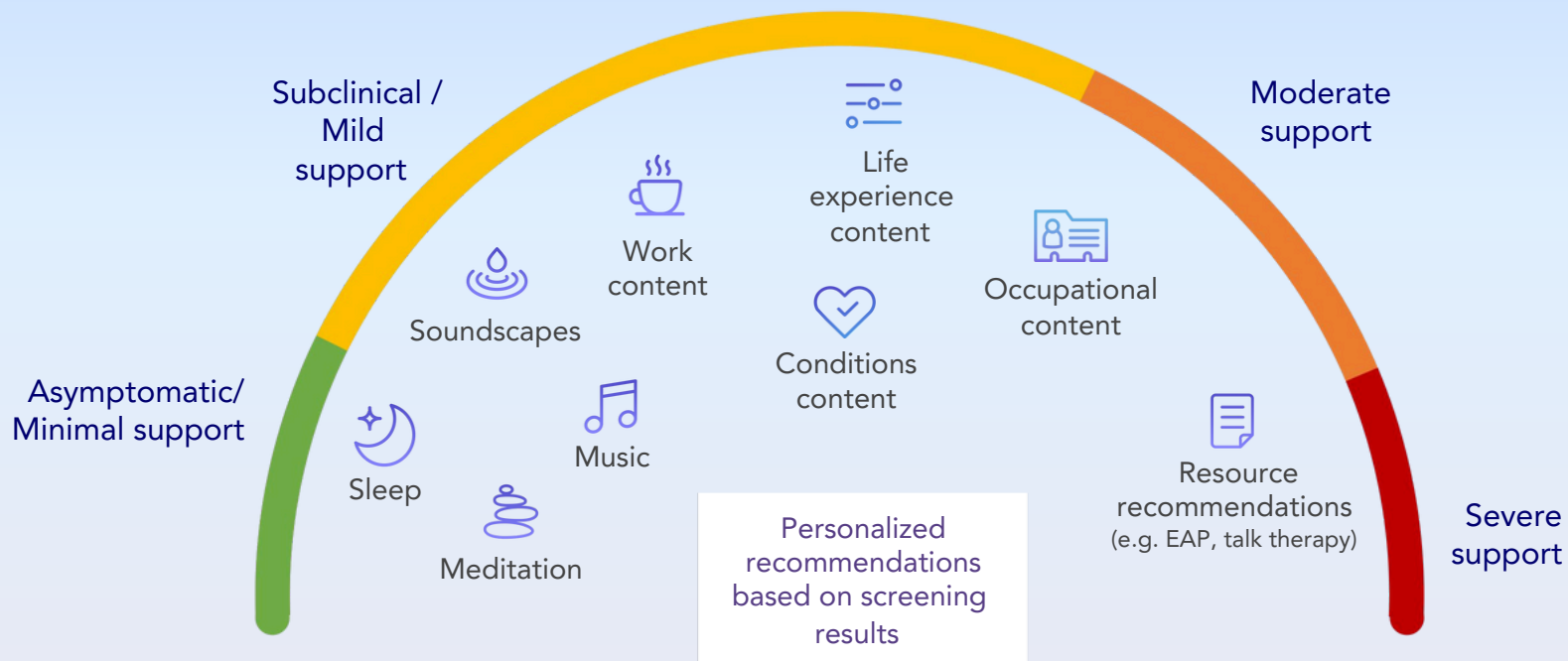
Work Life





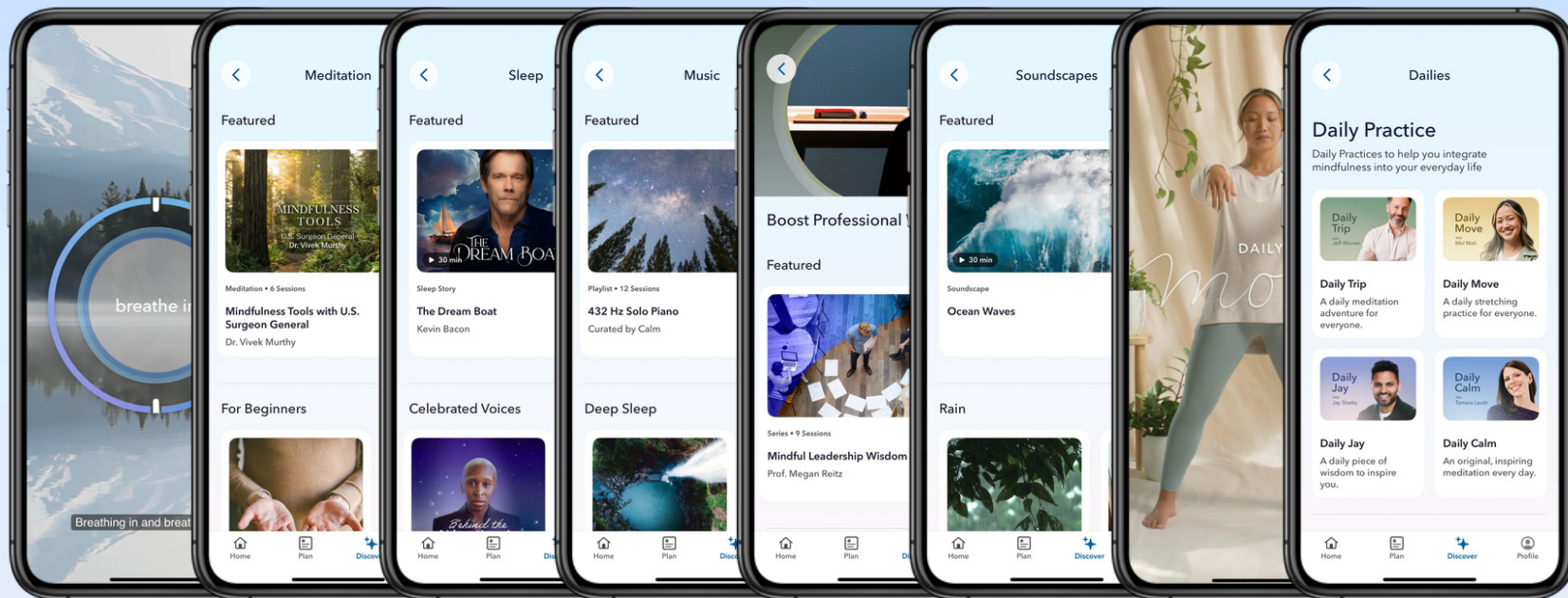
Engagement with
Calm Health

Calm Health connects individuals with support across the mental health spectrum



Best of Calm resources for mindfulness support

Breathe • Meditations • SleepStories • Music • WorkLife • Soundscapes • Movement • Dailies

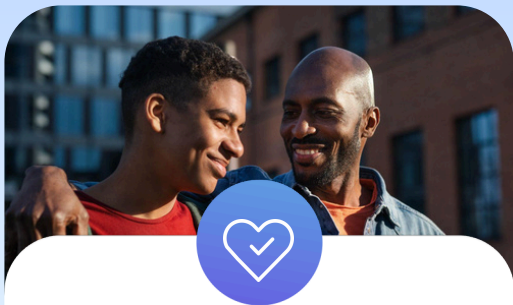


More than

40% BIPOC

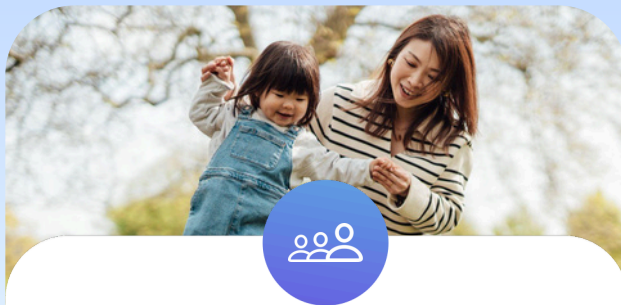
representation

A wide range of clinical programs



Health Experiences

- Anxiety
- Depression
- Trauma and PTSD
- Cancer
- Heart Disease
- Diabetes
- Substance Use Disorder
- Chronic Pain
- And more!



Life Experiences

- Grief Support
- Pregnancy and Postpartum
- Inclusive Parenting for LGBTQ+ Youth
- Infertility
- Support for Mothers and Caregivers
- Parenting Teens with Mental Health Conditions
- And more!



Occupations

- Professional Growth
- Military Resilience
- Stress Management for Nurses
- Physician Burnout
- Veterinarian Burnout
- And more!

Evidence-based and consumer focused

**Dr. Jen
Kilkus**



**Dr. Brian
Baucom**



**Dr. Michelle
Feng**



**Dr. Mark
Heyman**



**Dr. Tiffany
Townsend**



**Dr. Katy
Dondanville**



**Developed by
psychologists
and well-being
experts**



**Delivered by
the familiar
voices of
Calm**



**Mel
Mah**



**Chibs
Okereke**



**Donovan
Beck**



**Jeff
Warren**

Clinical Programs Tailored to Military & Veterans



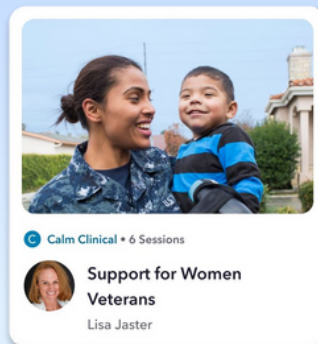
Veterans Guide to Separating From Service

Actionable tools to help navigate the sometimes tricky transition from military to civilian life.



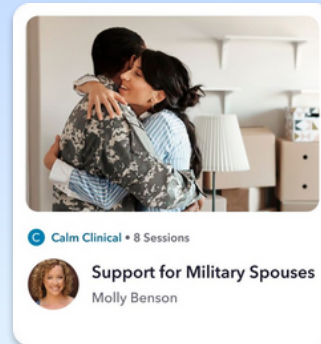
Military Resilience

Practical advice to help cope with the specific challenges that may come with military life.



Support for Women Veterans

Highlights unique mental health challenges and provides tools for problems such as military sexual trauma (MST), barriers to care, and gender-specific hurdles.



Support for Military Spouses

Life as a military spouse comes with its own unique challenges. This program offers constructive tools to help strengthen relationships, lower stress, and invest in self care.

Clinical program created by oncology expert



Calm Health joins Mayo Clinic to Advance Cancer Patient Mental Health Care



Dr. Jennifer Kilkus

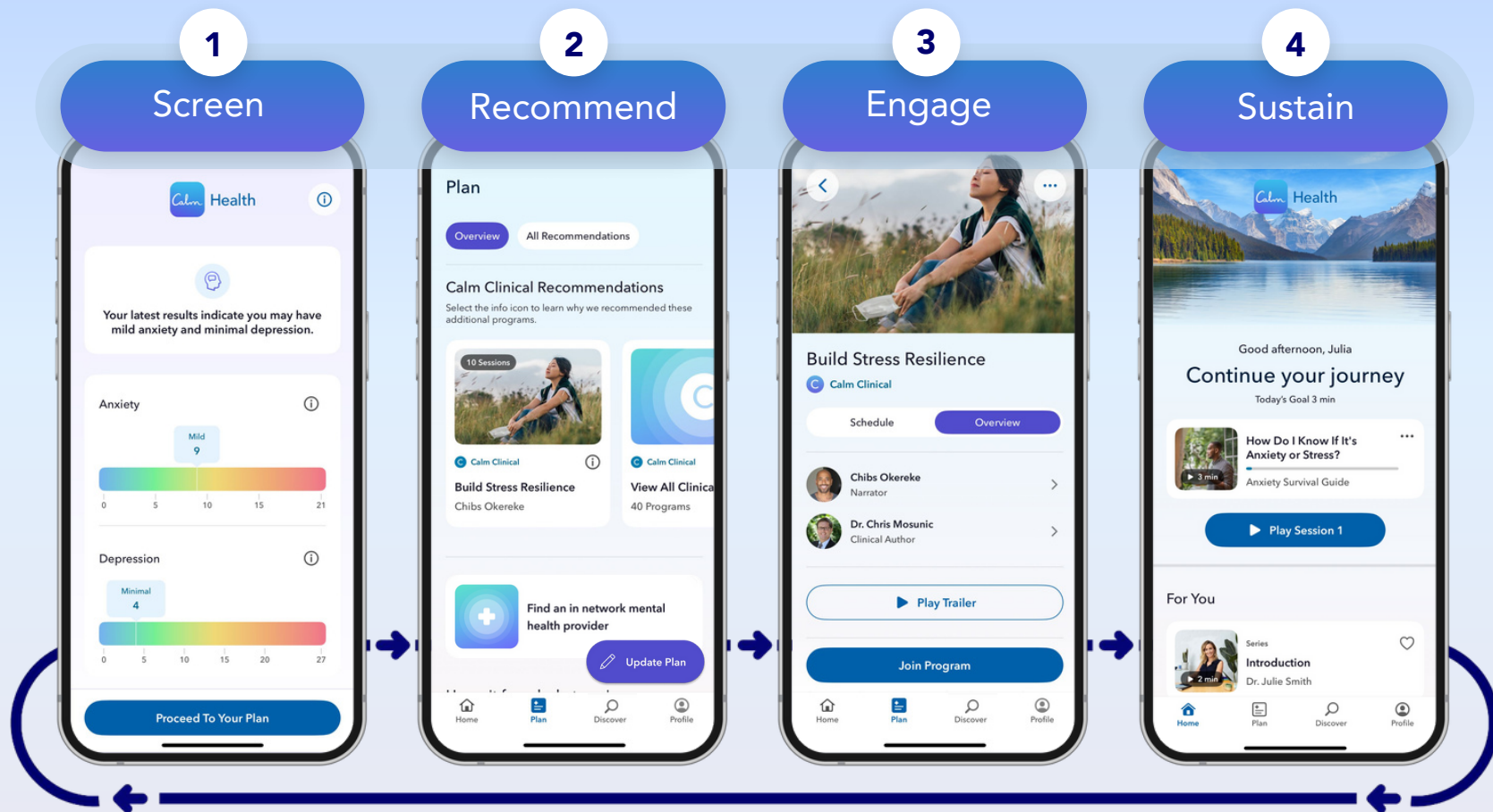
Aboard-certified clinical health psychologist with expertise in oncology and trauma-informed mindfulness facilitation.

4.6 out of 5

Program rating

Content availability may vary by region and organizational offer

A simple approach, continually personalized for users



Users engage with Calm Health... and see results

After signing up...



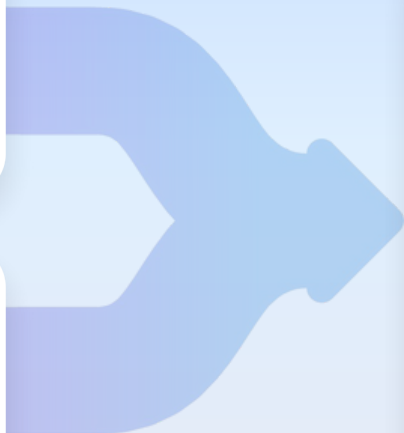
77%

complete mental
health screening



39%

engage in a Calm
Health clinical
program



37%

of users who engage in at
least one session and take a
follow up screening report
improvement in their
emotional wellbeing

A Calm Health user is...

2x more likely
to get the outpatient care
they need

Outcome from a National Payer

Thank you!