



With 180M downloads, people know and use Calm



Calm

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



3,500+ organizations trust the Calm brand



ACADEMY
OF MOTION PICTURE
ARTS AND SCIENCES

The evolution to a mental wellness platform for work and life

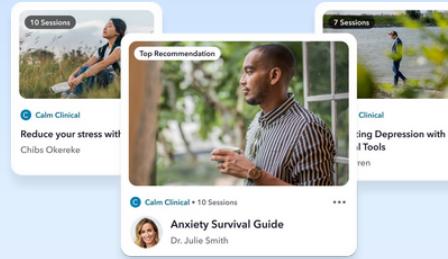
Meditations



Breathe



Clinical Programs



Mental Health Screening



Music



Sleep Stories



Dailies



Work Life

Movement



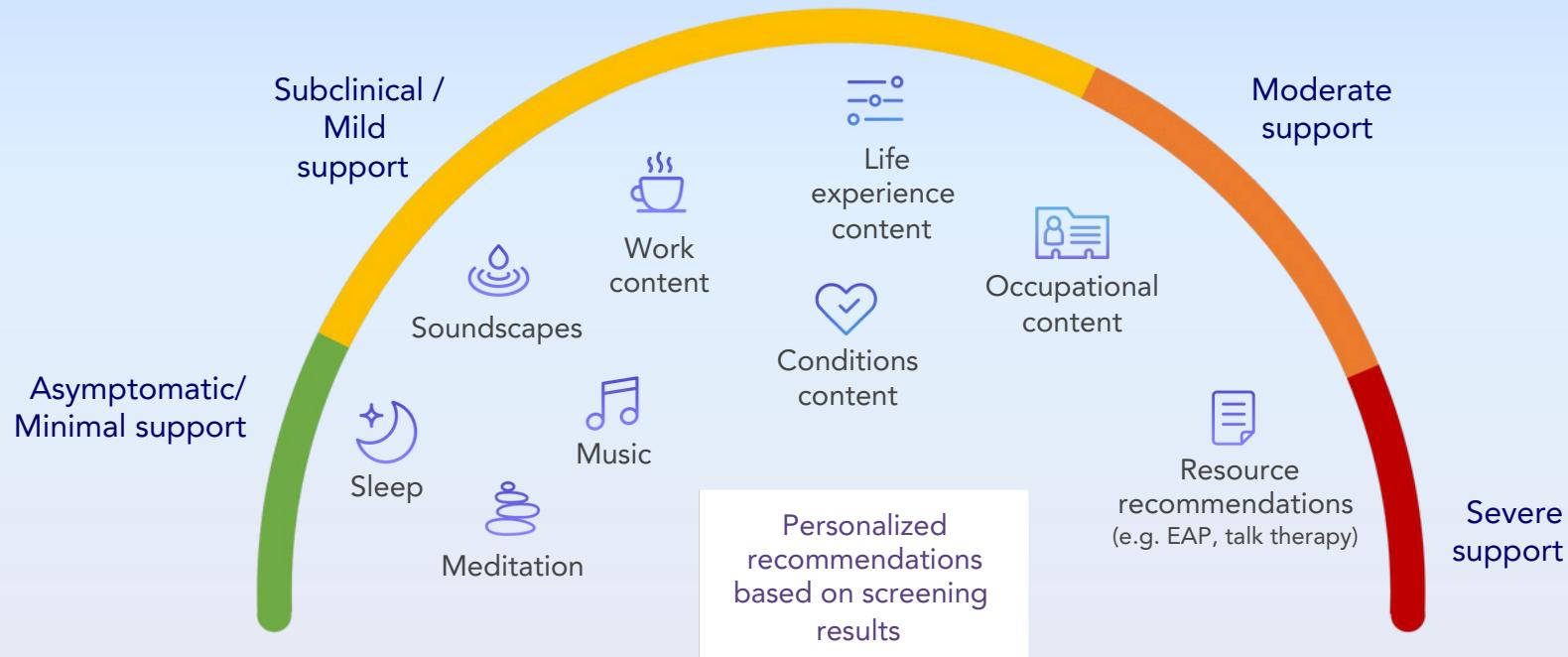
Health



Engagement with
Calm Health

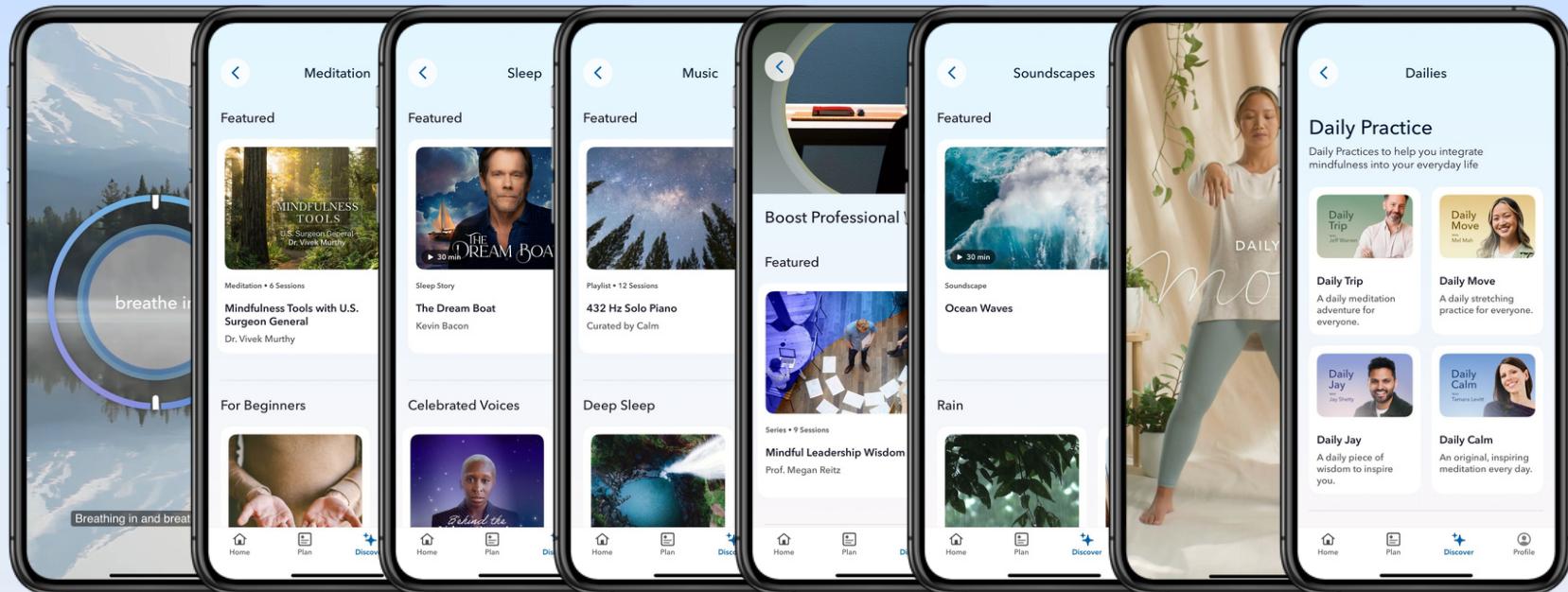


Calm Health connects individuals with support across the mental health spectrum



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!

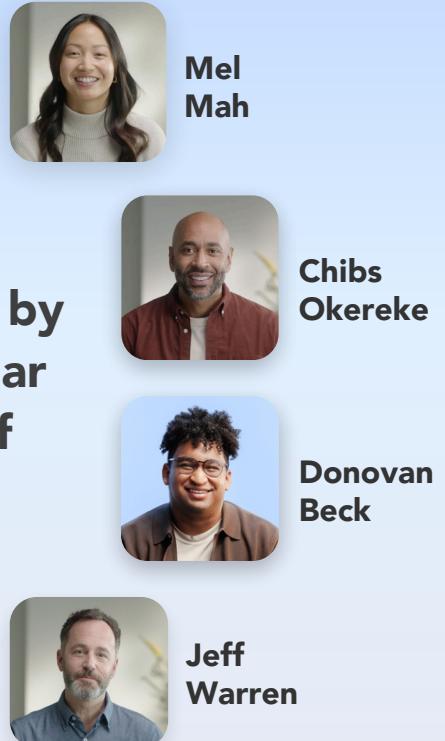
Evidence-based and consumer focused



Developed by
psychologists
and well-being
experts



Delivered by
the familiar
voices of
Calm



Clinical Programs Tailored to Military & Veterans



Calm Clinical • 8 Sessions

 Veteran's Guide To Separating From Service
Jason O. Harris



Calm Clinical • 8 Sessions

 Military Resilience
Jon Macaskill



Calm Clinical • 6 Sessions

 Support for Women Veterans
Lisa Jaster



Calm Clinical • 8 Sessions

 Support for Military Spouses
Molly Benson

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.

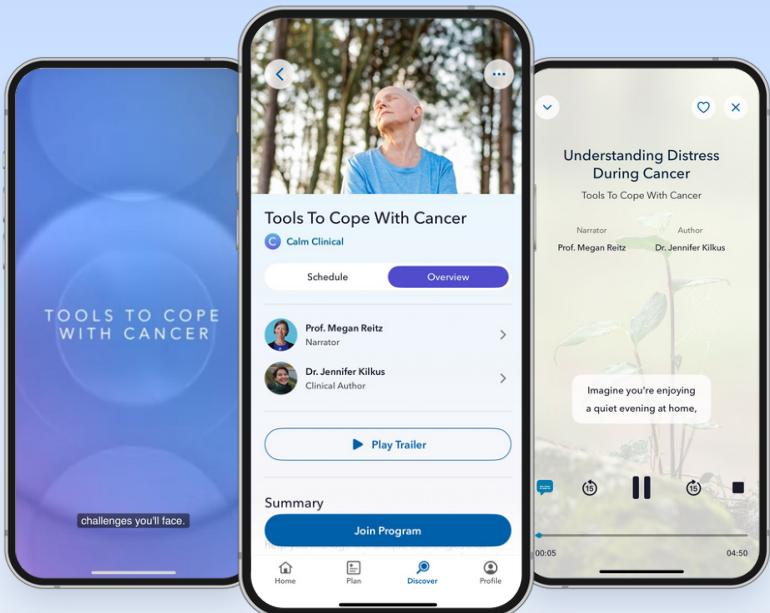
Support for Women Veterans

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



Dr. Jennifer Kilkus

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

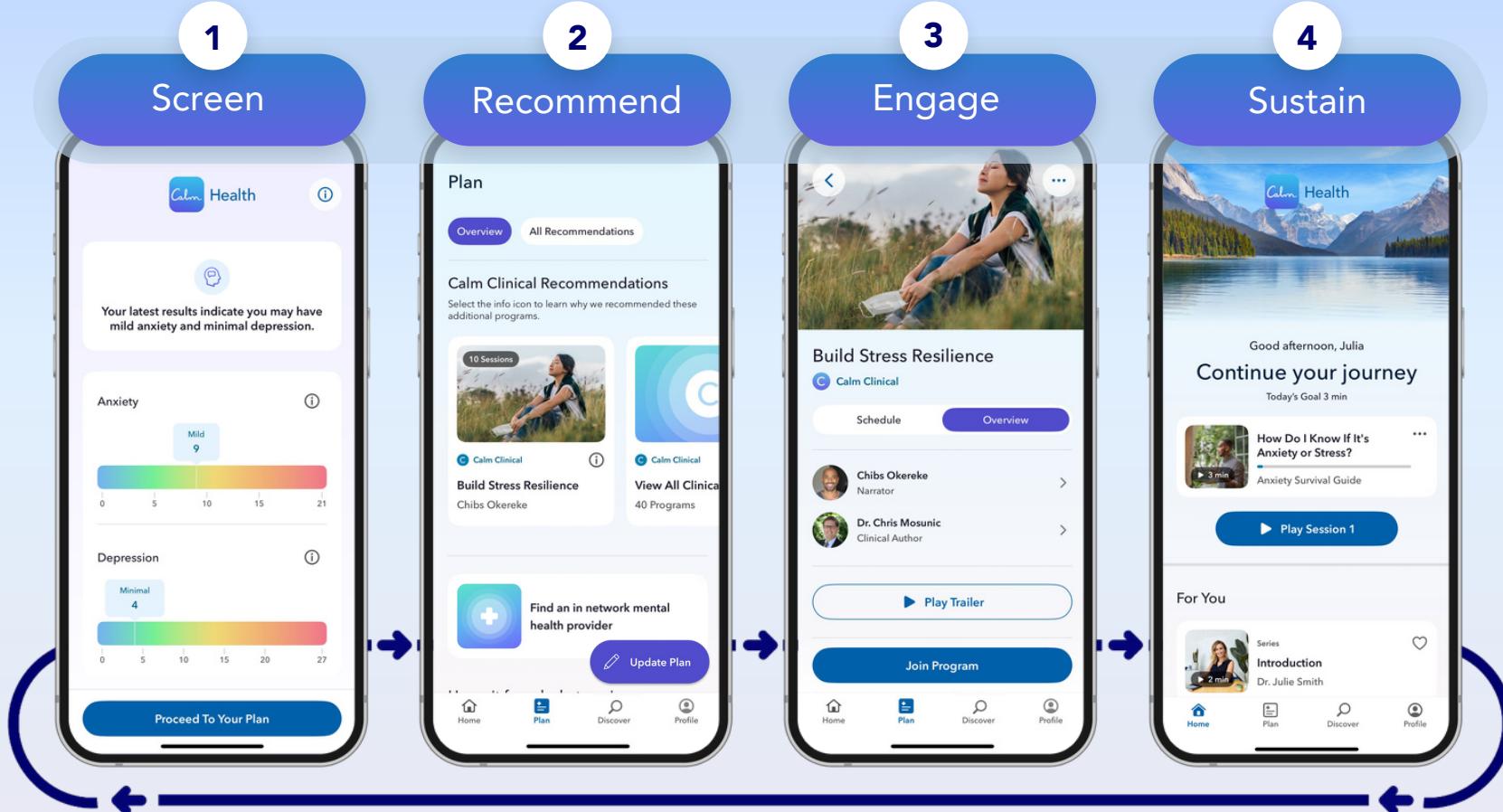


Calm Health joins Mayo Clinic to Advance Cancer Patient Mental Health Care

4.6 out of 5

Program rating

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 photograph of a mountainous landscape with a lake in the foreground. The mountains are covered in snow and green forests. A small, green, tree-covered island is visible in the middle of the lake.

A Calm Health user is...

**2x more likely
to get the outpatient care
they need**

Thank you!