

Calm Benefit Employee Sign-Up Instructions

Follow the steps below to redeem your premium Calm subscription. Contact HR with any questions.

Step 1: Navigating to the registration page

- Visit this link <https://www.calm.com/b2b/lscac/subscribe> in a mobile or web browser (NOT the actual calm app itself)
- You will also receive an email from hello@breathe.calm.com where you can select “activate your account” and go right to the registration page.

From: Calm <hello@breathe.calm.com>
Sent: Sunday, October 9, 2022 1:32 PM
To: [REDACTED]
Subject: Start using your newest mental wellness benefit

CAUTION: This email originated from outside of the organization. Do not click links or open attachments unless you recognize the sender and know the content is safe.



Hello,

Law School Admission Council has partnered with Calm to offer you free, 24/7 access to meditations, Sleep Stories, music and more self-care resources. And *it works*—84% of Calm users report better overall mental health.

Activate your account today and take care of your mental well-being anytime, anywhere.

[Activate your free account now](#)

Step 2: Avoid duplicate account

- Select “yes” if you have ever used Calm before (this includes free trials or previous subscriptions).
- Select “no” if you have never used Calm before.



Your Company is offering you a Calm Premium subscription

Hello and welcome,

To begin, you'll need to login or create a Calm account.

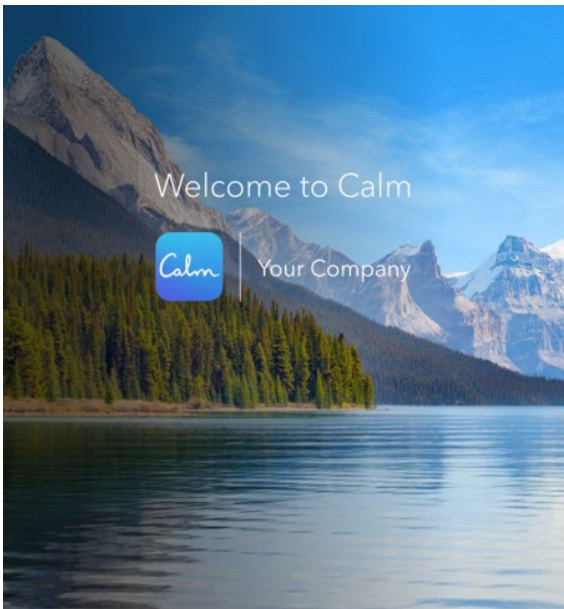
Do you have a Calm account?

Yes No

Two rounded rectangular buttons labeled "Yes" and "No". Below the "Yes" button, an arrow points down and then right towards the "No" button. Below the "No" button, an arrow points down and then left towards the "Yes" button.

Step 3: Login Credentials

- If you choose “yes”, enter your Calm login credentials and select the “continue” button.



Back

Log into your Calm account

Email

Password

Forgot your password? [Click here](#)

Continue

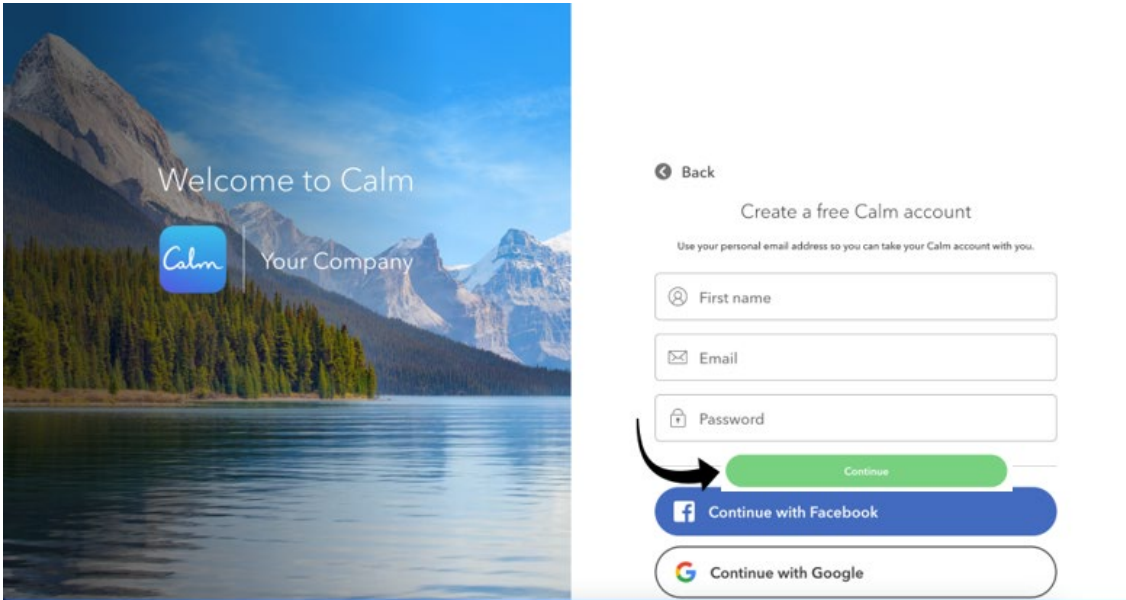
Continue with Facebook

Continue with Apple

Continue with Google

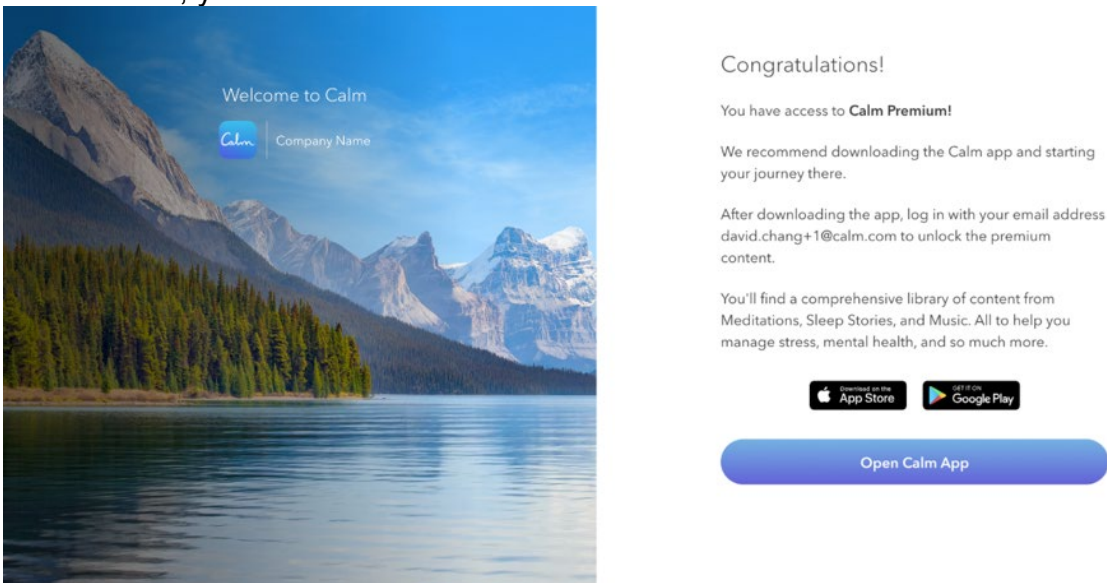
A screenshot of the Calm app's login screen. It features a "Back" button at the top left, followed by the text "Log into your Calm account". Below this are input fields for "Email" and "Password". A link "Forgot your password? Click here" is positioned above a green "Continue" button. Below the "Continue" button are three social login options: "Continue with Facebook", "Continue with Apple", and "Continue with Google". A black arrow points from the "Forgot your password? Click here" link to the "Continue" button.

- If you choose “no” enter your first name and create your login credentials using a personal email address and password. Select the “continue” button.



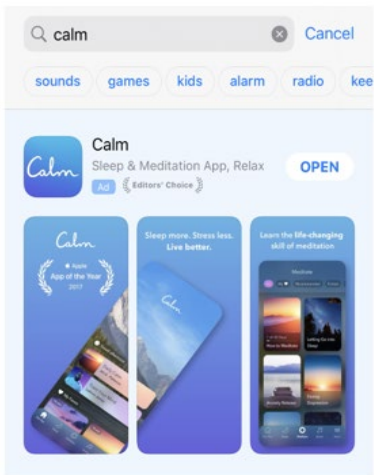
Step 4: Subscription validation and activation

- Enter your work email address and select “submit”. This step validates your eligibility to redeem a subscription.
- If successful, you will see this screen:

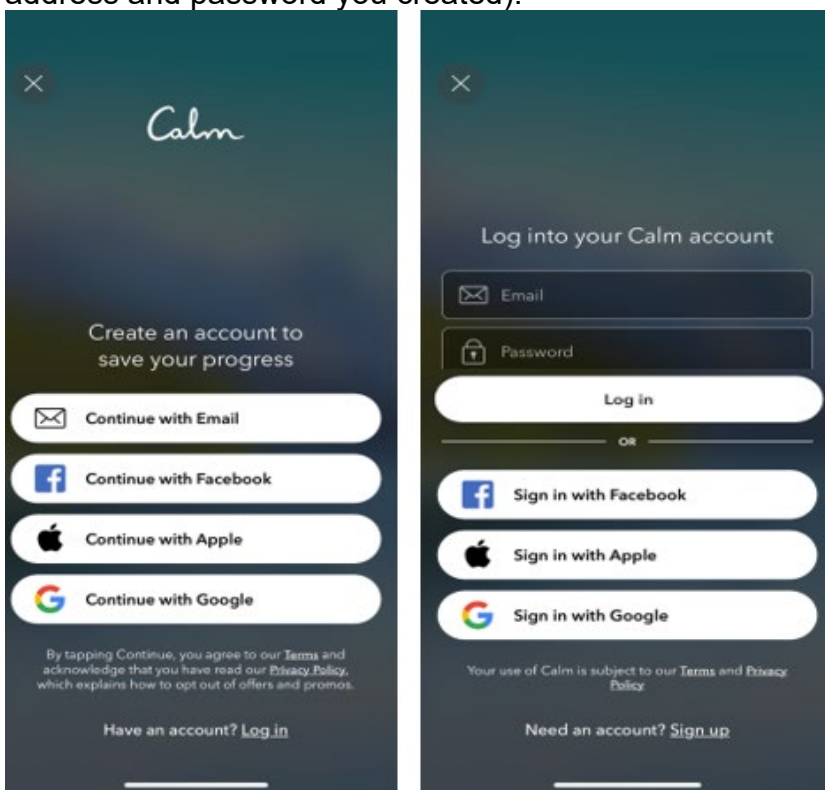


Step 5: Download the Calm app or Calm web browser

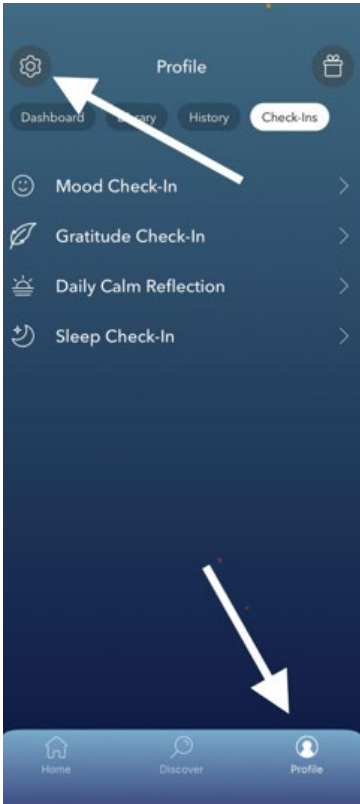
- Download the app on your mobile device or use in a web browser at [Calm.com](https://www.calm.com).



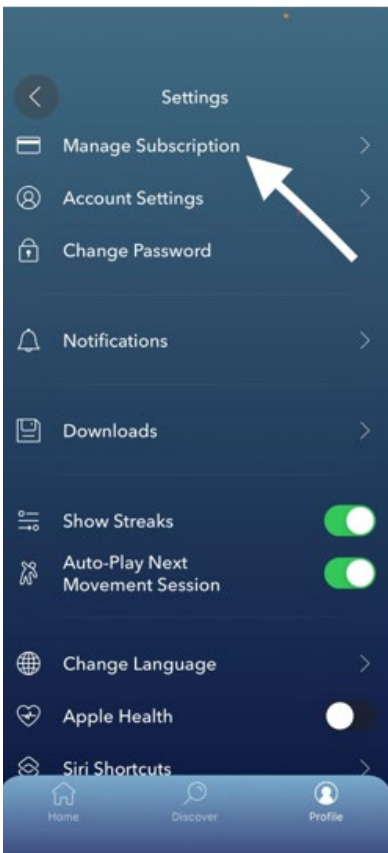
- Select “Continue with Email” and enter your login credentials (personal email address and password you created).



- To confirm you have successfully logged in to your Calm premium account select “profile” and then navigate to the “settings” button.



- Select “manage subscription”



- Your screen should indicate “You have Calm Premium”

