

CONNECTING TO CALM®

Stress levels can have a significant impact on health and wellbeing. In fact, stress causes 1 million workers to miss work every day in the U.S. and costs businesses \$300 billion each year. That's why Excellus BCBS is adding an innovative resource to help members better manage stress.

The Calm app is a digital experience to help members build resilience through better sleep, mindfulness, and meditation.

THIS NEW STRESS MANAGEMENT PROGRAM offers 24/7 access to a digital library filled with resources including:

- Original Daily Calm meditation added to the content library each day
- Hours of guided meditations covering sleep, anxiety, stress, gratitude, and much more
- More than 120 Sleep Stories, with new stories added every week
- Exclusive music tracks for focus, relaxation, and sleep
- Masterclasses featuring world-renowned mindfulness experts

THE BEST PART ABOUT CALM? It's proven to deliver results.*

- **92%** of users report an improved ability to fall asleep
- **90%** of users with an anxiety disorder diagnosis reported an improved ability to manage their symptoms
- **81%** of users with sleep difficulties report a significant reduction in stress after 8 weeks
- **78%** of users say they experience better moods
- **64%** of users report better concentration during the day
- **62%** of users report having more energy



**New in 2022, a 12-month premium subscription to the Calm App
is now an embedded benefit in all Fully Insured Large Group plans.****

*2020 Calm Science data, www.calm.com/science

**Buy-up for Self-Funded and Minimum Premium groups. Subject to final approvals.

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Calm is an independent company that provides a mobile app for sleep, meditation and relaxation to Excellus BCBS members.

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