



Enhancing self-care support

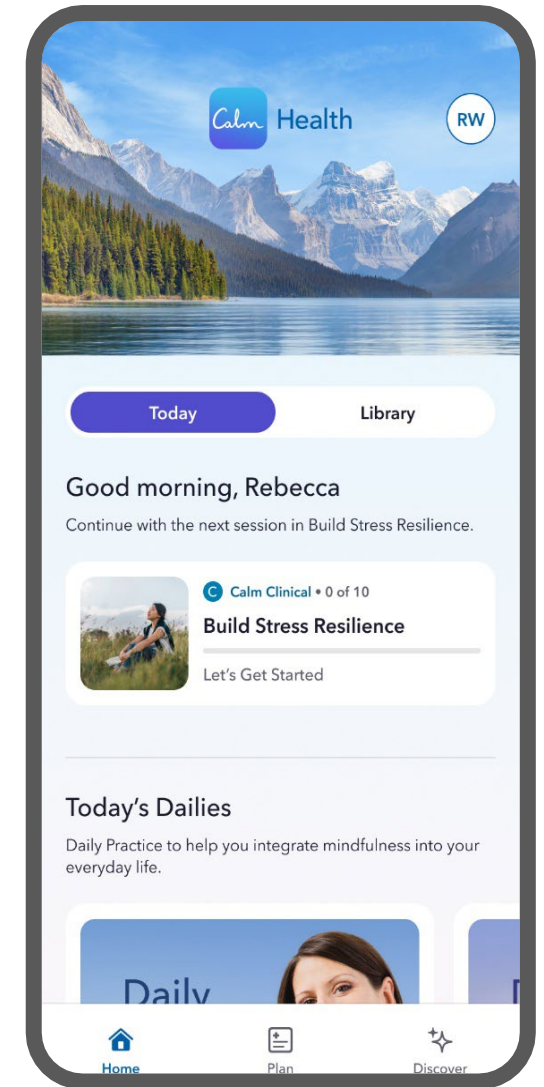
Introducing Calm Health as part of your Behavioral Health benefits package

United
Healthcare®

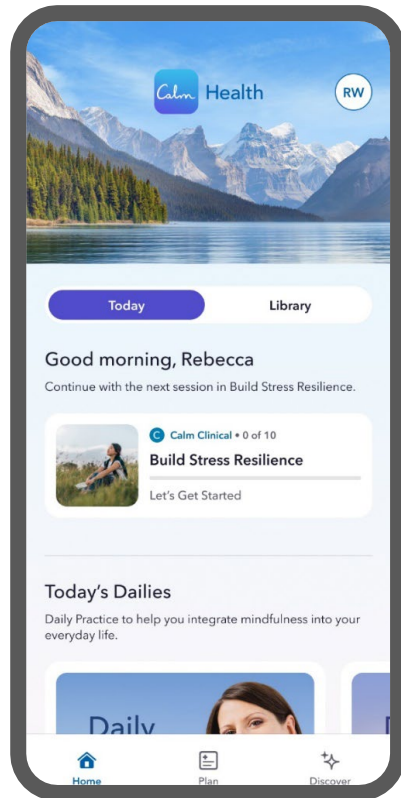
NEW: Calm Health

- 1 On Sept. 1, 2024, Calm Health will be available to eligible employees and their dependents (16 years or older) at no additional cost to them.*
- 2 Calm is a widely recognized mental well-being app with resources for sleep, meditation and mindfulness. Calm Health is a new well-being app that provides members access to content from Calm in addition to new features and benefits — including mental health screenings, self-guided learning modules, evidence-based content and referrals. Calm Health will be embedded as part of the behavioral health benefits package.
- 3 To access Calm Health, members will be directed from myuhc.com[®] to a Calm Health landing page in their web browser where they will register for a Calm Health account. Their member information will automatically pass through from myuhc.com. Once registered, members can continue using the website or download the Calm Health app and sign in.
- 4 **Self Care by AbleTo updates:** Existing users of the Self Care by AbleTo app will be able to continue accessing the app (but it will no longer be promoted).


* 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. Calm Health is not available to UnitedHealthcare E&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.



Calm Health provides access to mental well-being support





On-demand, integrated support with no out-of-pocket member costs


 **24/7 access to digital content** for sleep, stress, and mindfulness—enhanced with evidence-based modules created by psychologists

Topics include:

- Mental health conditions like anxiety and depression
- Physical conditions like diabetes and cancer
- Lifestyle issues like sleep and stress

 **Industry recognized screenings** help users track symptoms over time and results inform personalized recommendations

 **Referrals and navigation** to additional support, including coaching or therapy, based on individual screening responses

 **Robust metrics and reporting** to help organizations understand well-being needs, utilization and engagement

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