

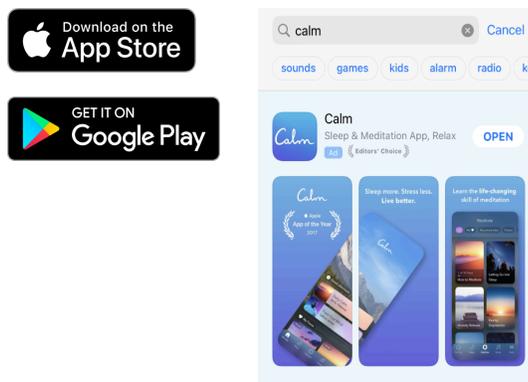


Calm Benefit Employee Sign-Up Flow

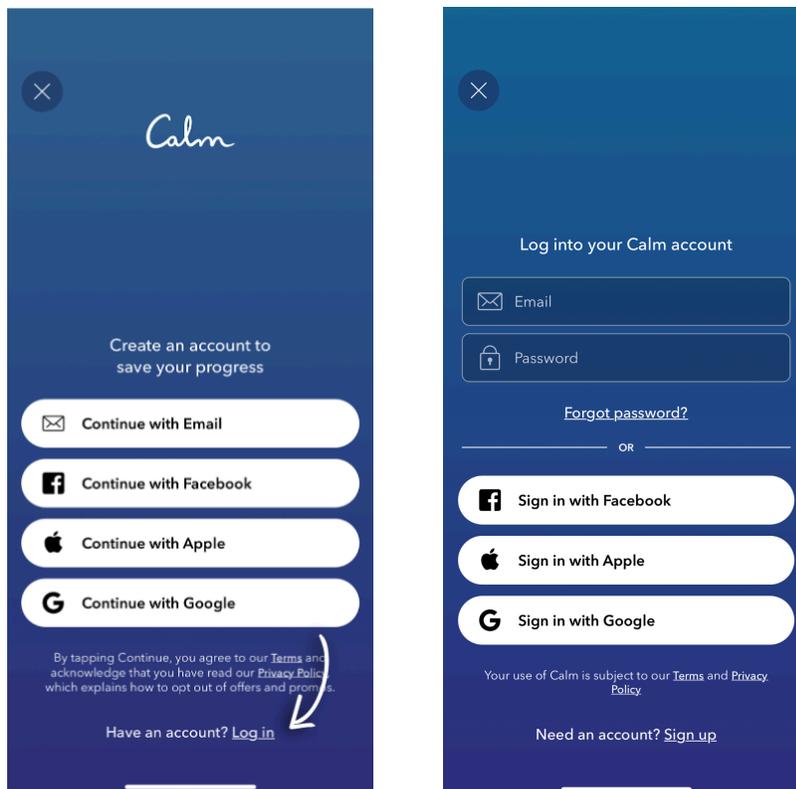
Follow the steps below to redeem your premium Calm subscription either by [mobile app](#) or by [website](#). If you have any further questions, please contact Calm's [Customer Support Team](#). If you already have a paid personal account with Calm, you will want to cancel that subscription by following [these instructions](#) before joining your employer-sponsored account.

Redeem via mobile app:

Step 1 - Download the Calm app on your phone.

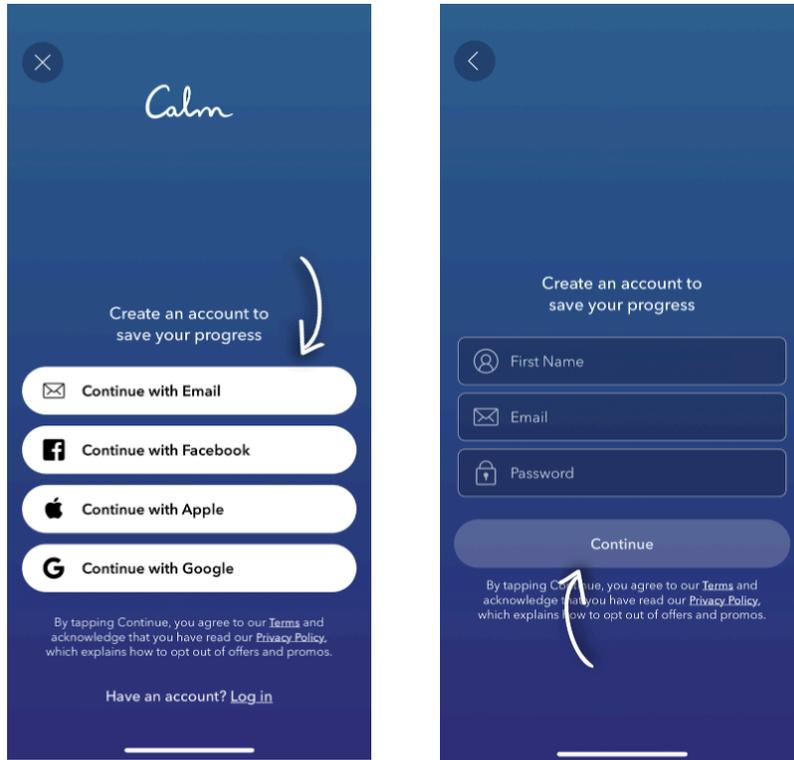


Step 2a - If you already have a Calm account, click 'Log in' at the bottom of the screen. Then, enter your login credentials and click 'Continue.'



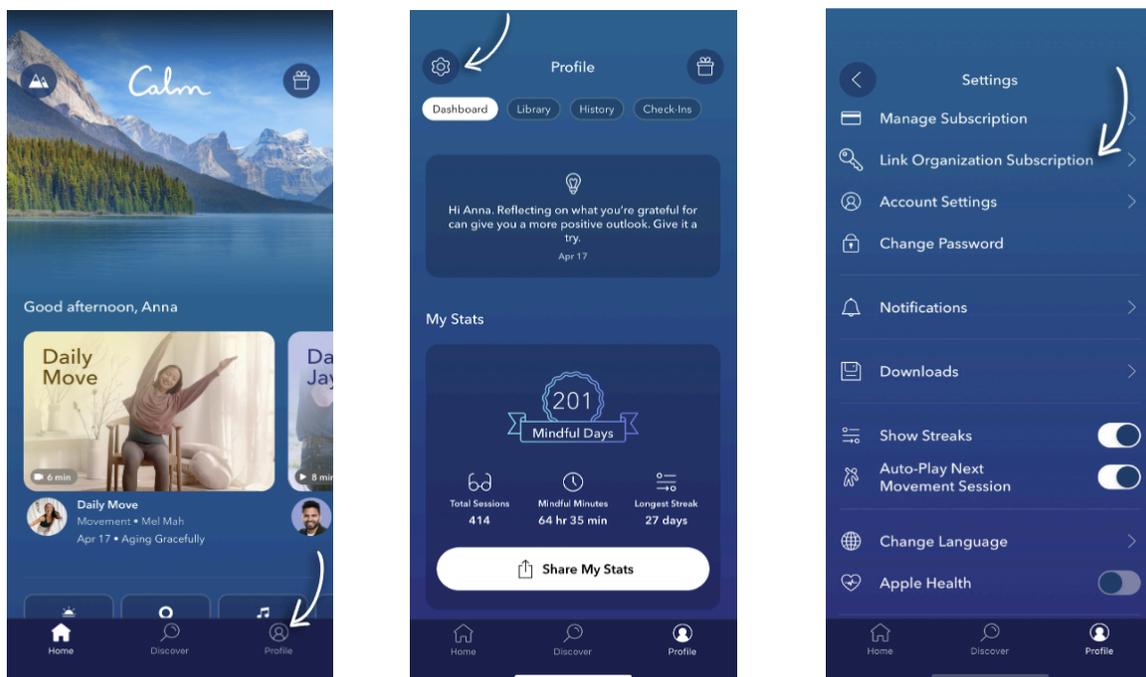


Step 2b - If you do not have an account with Calm, open the app and click 'Continue with Email.' Enter your first name, a personal email address, and a password. Click 'Continue.'



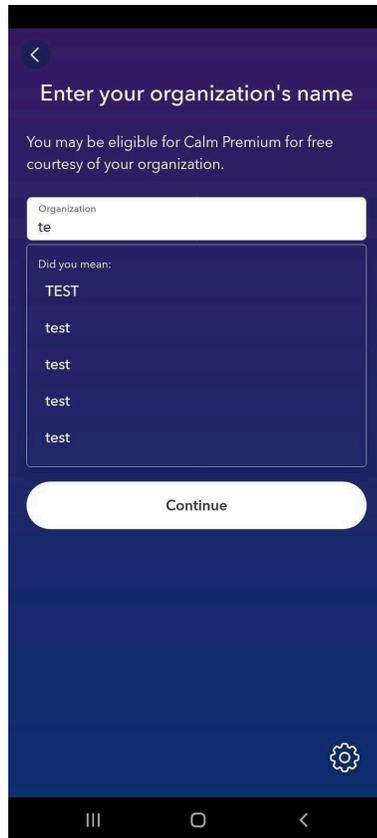
You've created your Calm account! Now it's time to link your account to your employer-sponsored Calm Premium subscription.

Step 3 - Click 'Profile' on the bottom right of your homescreen. Then, click the settings gear icon in the upper left hand corner of your Profile, followed by 'Link Organization Subscription.'

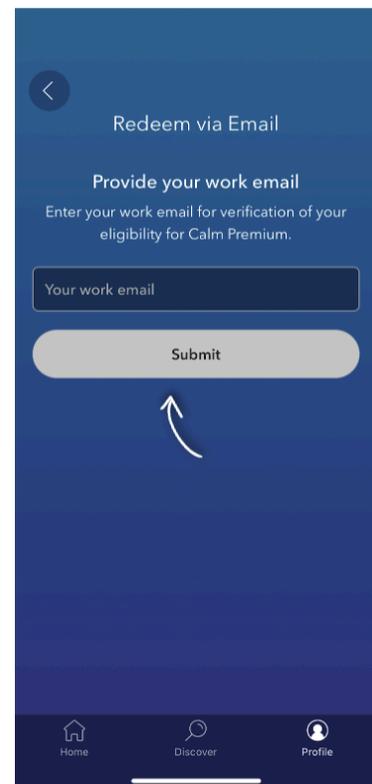




Step 4 - Enter *Iowa Extension Council Association* as your organization.

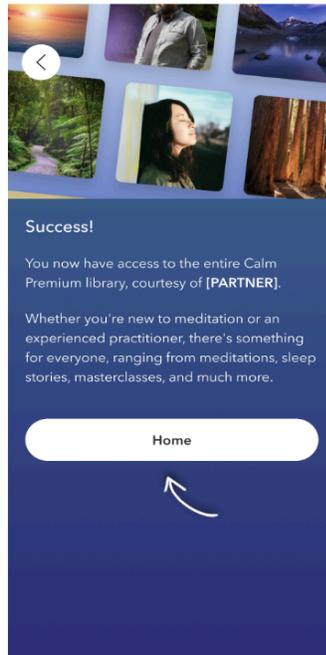


Step 4a - Enter your credentials to redeem your free subscription. If not automatically redirected, click on *Redeem via Email*, and follow the prompts.

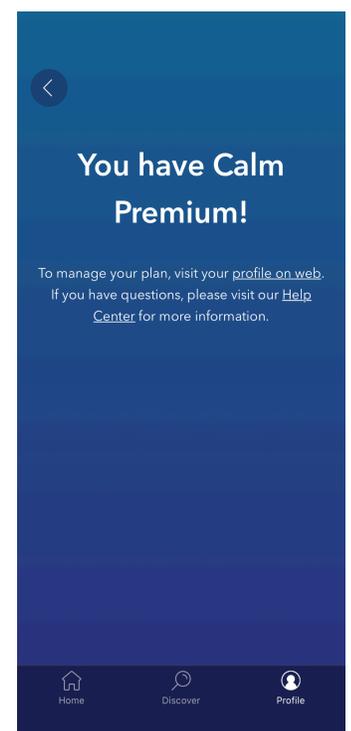
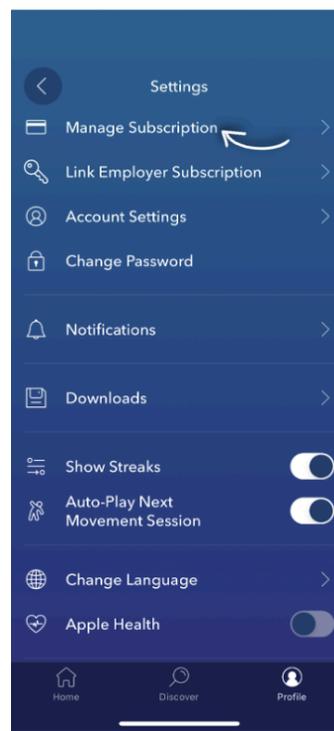
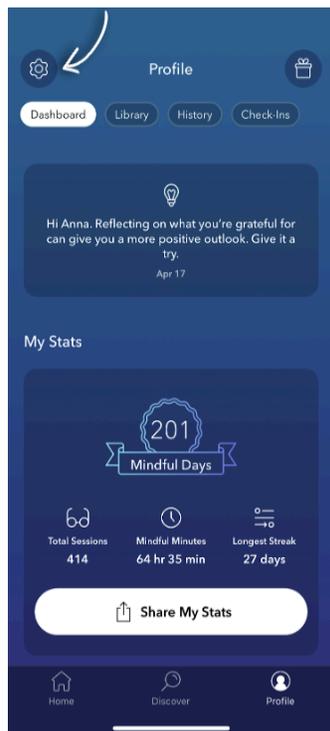
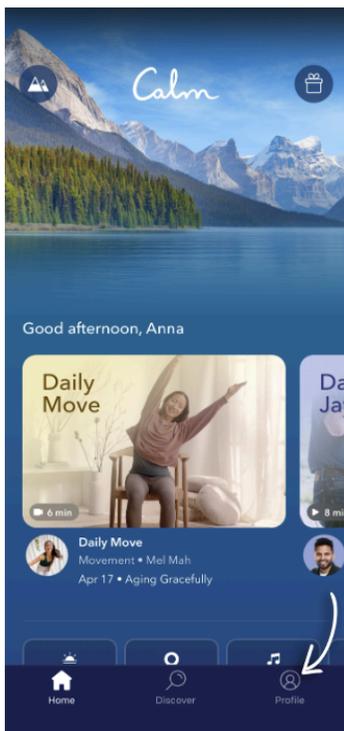




Step 5 - You should receive a 'Success!' screen that verifies you now have access to the entire Calm Premium library, courtesy of your employer. Click on the 'Home' button to get started!



To confirm that you have successfully logged into your Calm Premium account, click 'Profile' → Settings gear icon → 'Manage Subscription' → Your screen should say "You have Calm Premium!"



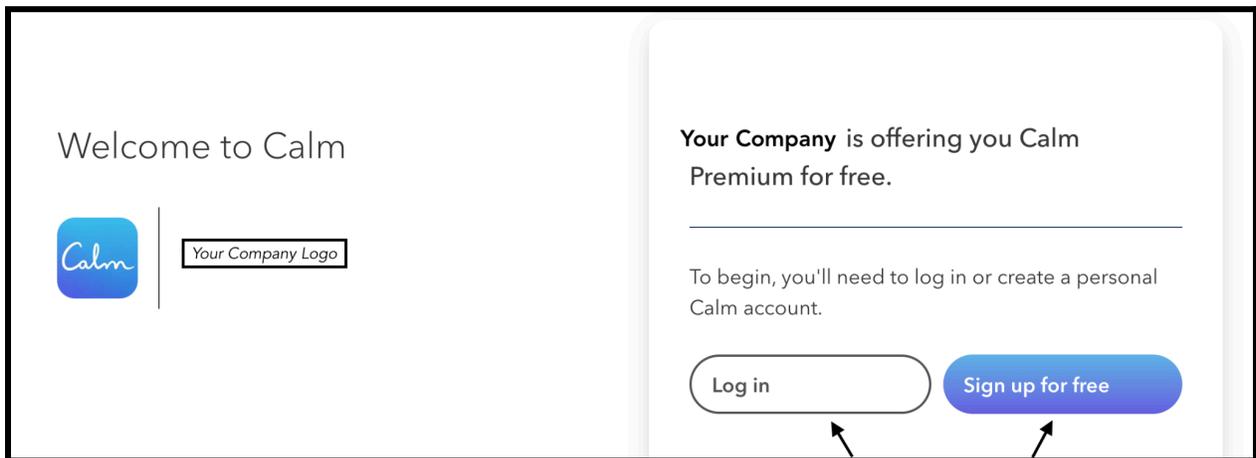


Redeem via web:

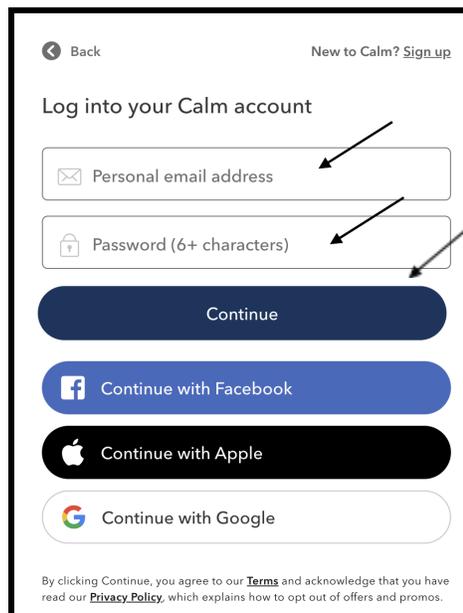
Step 1 - Navigating to the registration landing page: Visit this link:

<https://www.calm.com/b2b/ieca/subscribe> in a mobile or web browser (and not the actual Calm app itself).

Step 2 - Avoid duplicate account creation: Click "Log in" if you have an existing Calm account (this includes free trials or previous subscriptions), or click "Sign up for free" if you have never created a Calm account before.



Step 3a: If you chose "Log in," enter your Calm login credentials and click the navy blue "Continue" button as soon as it appears.





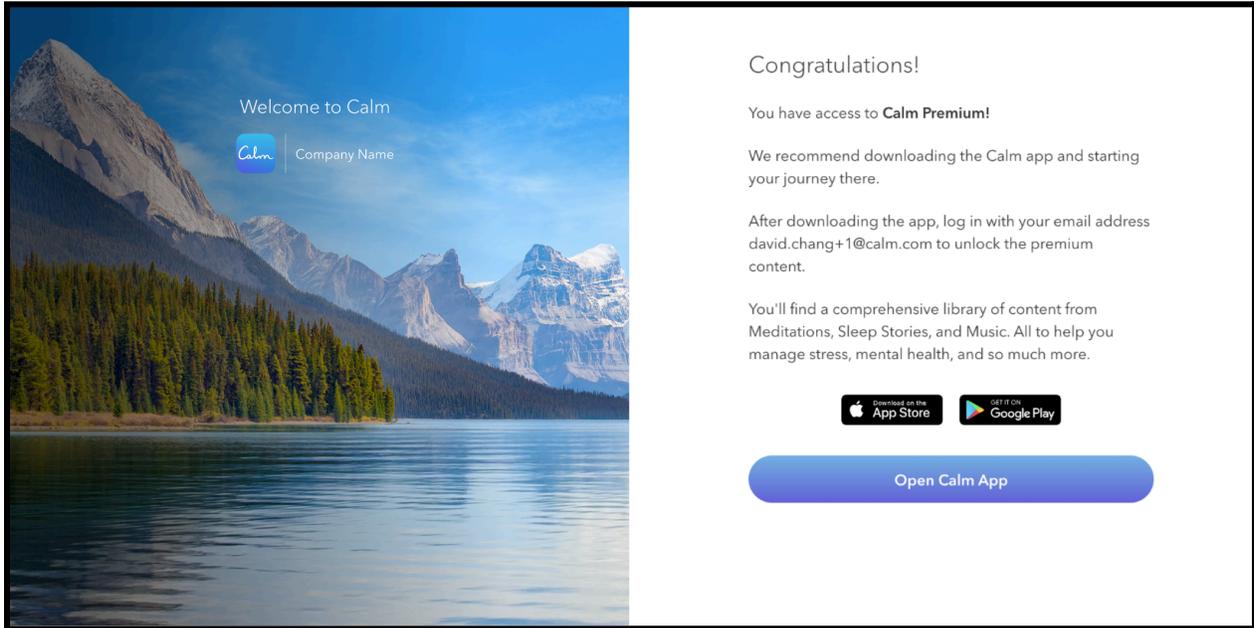
Step 3b: If you chose "Sign up for free", enter your first name and create your login credentials using a personal email address and password. Click the navy blue "Continue" button once it appears.

Step 4 - Subscription validation and activation: Enter your *Work Email Address* and click "Submit" once it lights up in green. This step is to validate your eligibility to redeem your subscription.

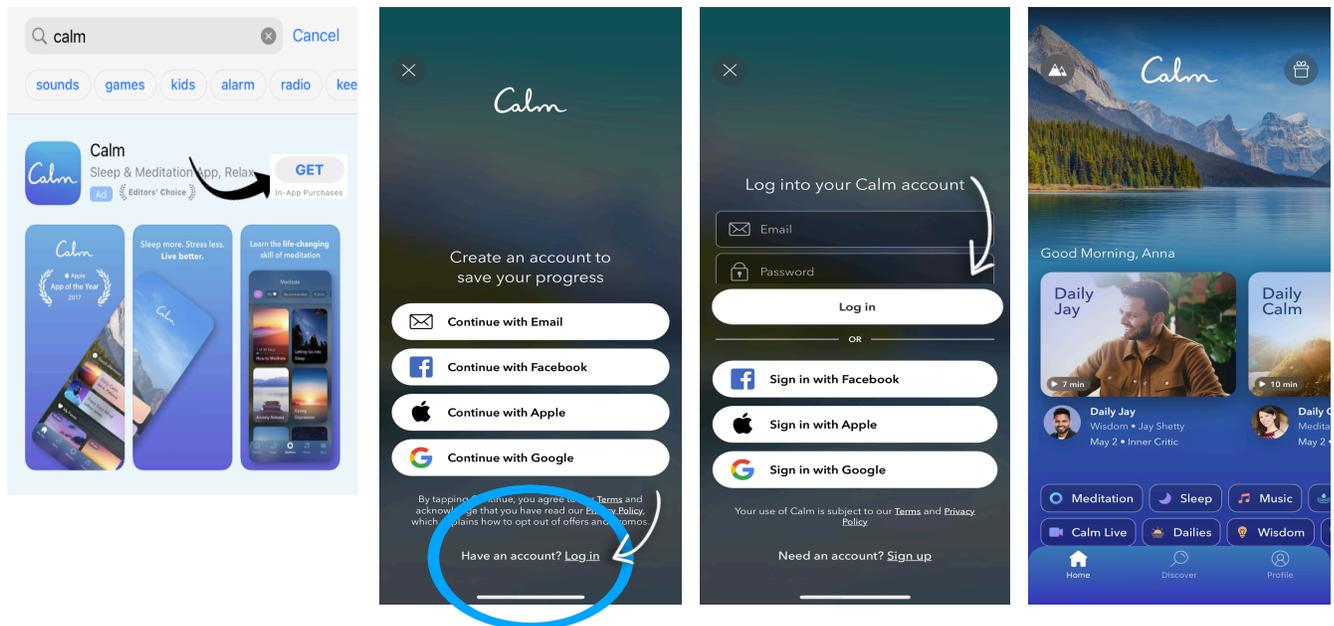
Work Email



If successful, you should see this screen (with your email address):

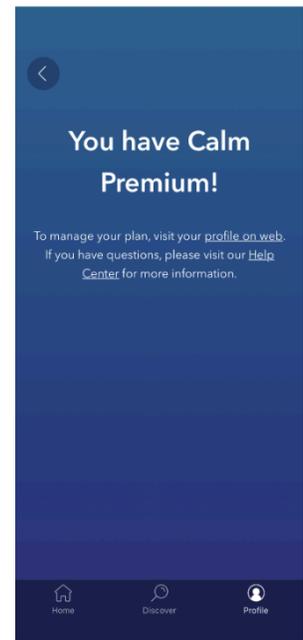
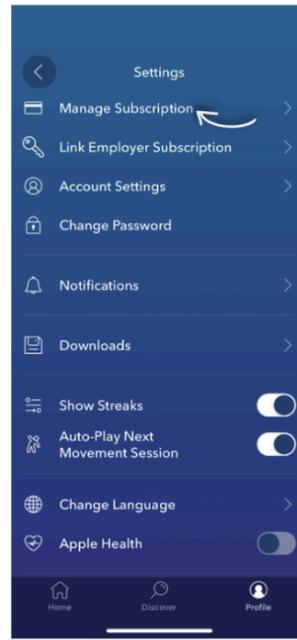
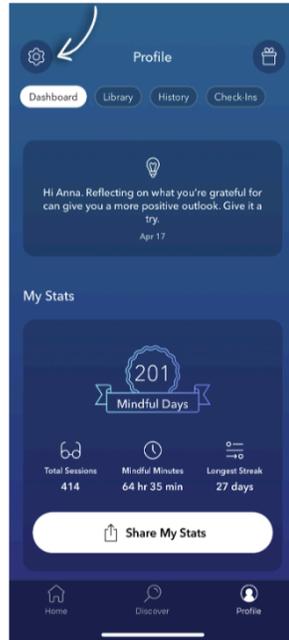
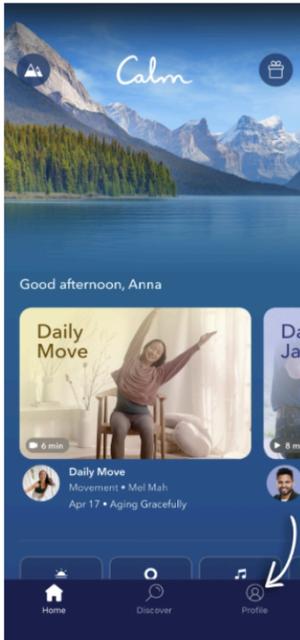


Step 5: Download the Calm app or open the Calm web browser at [Calm.com](https://calm.com) and enter your login credentials (personal email address and password you created).





To confirm that you have successfully logged into your Calm Premium account, click 'Profile' → Settings gear icon → 'Manage Subscription' → Your screen should say "You have Calm Premium!"



Need help activating your premium subscription? Contact [Calm's Customer Support Team](#).
