

Calm Benefit Employee Sign-Up Flow

Follow the steps below to redeem your premium Calm subscription either by <u>mobile app</u> or by <u>website</u>. If you have any further questions, please contact Calm's <u>Customer Support Team</u>. If you already have a paid personal account with Calm, you will want to cancel that subscription by following <u>these instructions</u> 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.'

A Calm @	© < Profile ⊕	Settings
	Dashboard Library History Check-Ins	Manage Subscription
A CONTRACTOR OF THE OWNER	@	🔍 Link Organization Subscription
	₩ Hi Anna. Reflecting on what you're grateful for can give you a more positive outlook. Give it a	Account Settings Account Setings Account Settings Account Settings Ac
	try. Apr 17	Change Password
Good afternoon, Anna	My Stats	
Daily Move	(201)	Downloads
		ŝ≕⊂ Show Streaks
Comine Co	6∂ (<u>)</u> Total Sessions Mindful Minutes Longest Streak	Auto-Play Next Movement Session
Movement • Mel Mah Apr 17 • Aging Gracefully	414 64 hr 35 min 27 days	Change Language
	1 Share My Stats	The Apple Health
fi Discover Profile	Home Discover Profile	Home Discover Pro



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

< <u>Enter your organization's nat</u> You may be eligible for Calm Premium for fre courtesy of your organization.	me e
Organization te	
Did you mean: TEST test test test test	
Continue	
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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' \rightarrow Settings gear icon () \rightarrow 'Manage Subscription' \rightarrow Your screen should say "You have Calm Premium!"





Redeem via web:

Step 1 - Navigating to the registration landing page: Visit this link: <u>https://www.calm.com/b2b/ieca/subscribe</u> in a mobile or web browser (and <u>not</u> 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 <u>never</u> created a Calm account before.

Welcome to Calm	Your Company is offering you Calm Premium for free.
Your Company Logo	To begin, you'll need to log in or create a personal Calm account.
	Log in Sign up for free

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

G Back	New to Calm? <u>Sign up</u>
Log into your Calm accou	nt
Personal email address	
Password (6+ characters)	
Continue	
f Continue with Facebook	
Continue with Apple	
G Continue with Google	
By clicking Continue, you agree to our <u>Terms</u> an read our <u>Privacy Policy</u> , which explains how to c	nd acknowledge that you have opt out of offers and promos.



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

Back	Have an account? <u>Log in</u>
Create your Calm acc	ount
Use a personal email addre access to your account.	ess to ensure continued
S First name	
Personal email addre	ess
Password (8+ charac	tters)
0	۲
Contin	nue
Continue with Appl	e
G Continue with Goo	gle
By clicking Continue, you agree to our] read our <u>Privacy Policy</u> , which explains l	Terms and acknowledge that you have now to opt out of offers and promos.

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

Your	Email				
Enter th accoun	e Email provid and enable (ded by Te Calm Pren	st Accoun nium, free!	t to link ya	ur
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Emai					
	Submit		/		



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



Step 5: Download the Calm app or open the Calm web browser at <u>Calm.com</u> 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' \rightarrow Settings gear icon (a) \rightarrow 'Manage Subscription' \rightarrow Your screen should say "You have Calm Premium!"



Need help activating your premium subscription? Contact Calm's Customer Support Team.