

Here's a tip to bring Calmness to your day!

Whether you're dealing with the stresses of work or the demands of home life, the Free Calm app through Kaiser has got you covered. The Calm app is a powerful tool designed to help you find tranquility amidst the chaos of everyday life. With an array of tracks for relaxation, focus, and sleep, this app is useful tool to a calmer, more centered state of mind. Download it now and experience the soothing benefits for yourself.

Most Kaiser Permanente members can enjoy free access to Calm's premium content library. To determine eligibility, visit [www.kp.org/selfcareapps](http://www.kp.org/selfcareapps) and select Calm. Log in to your Kaiser Permanente account and follow the prompts to sign up for Calm if eligible.

Thrive with Calm



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