



# Calm App Update

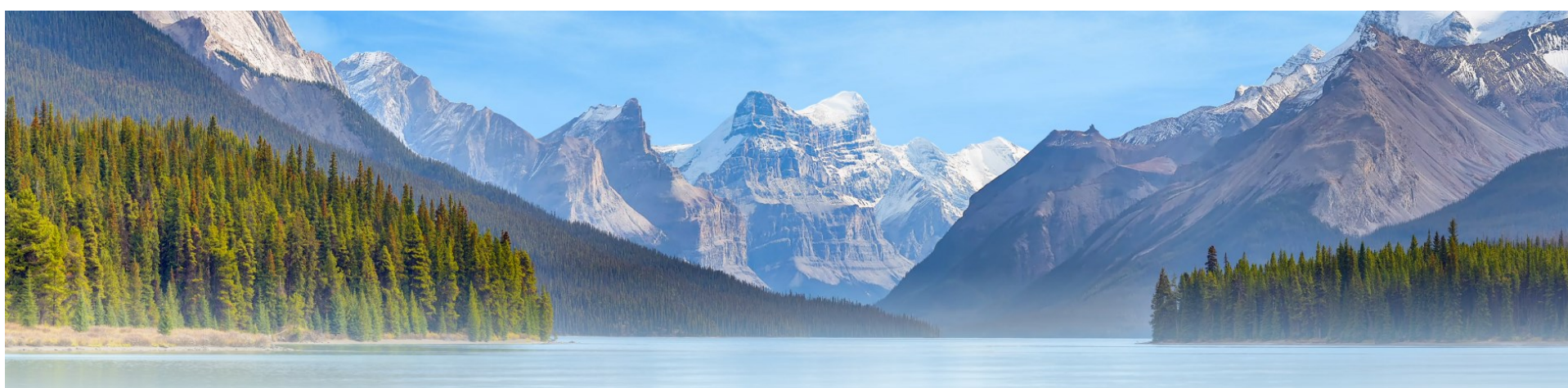


LONG BEACH  
TRANSIT



## Calm Health App

**Now Through United Healthcare!**



Calm Health offers personalized plans tailored to your needs and is included with your UnitedHealthcare medical benefits effective 10/1/2024 at no extra cost.

### Important instructions:

As a part of the registration process you will be prompted to enter:

- Name
- Date of birth
- UHC Subscriber/member ID

\*Make sure this information matches what is on your UnitedHealthcare ID card

Scan the QR code to Access Calm Health and create a new account through UHC.

