

Free Calm Subscription



The world's #1 app for mental fitness

To continue cultivating employee potential and wellness, Long Beach Transit is proud to provide a subscription to the Calm App. Millions of people are experiencing lower stress, less anxiety, improved focus and more restful sleep with Calm. Whether you have 30 seconds or 30 minutes, Calm content is made to suit your schedule and needs.



Breathing

Calm Body

Sleep Stories

Calm for Work

Masterclasses

Music

Meditations



To unlock your free Calm subscription, scan or visit:

<https://www.calm.com/b2b/lbtransit/subscribe>

This must be done on a web or mobile browser (not in the app itself).

Once on the page:

- Create an account or sign in to your existing Calm account
- Enter your LBT Employee ID in the box provided to activate the subscription on your Calm account
- Download the Calm app and log in to your account to access the premium content