Calm Health

You're invited to join Calm Health - for free

Calm Health supports your mental and physical wellbeing with evidence-based programs that help you navigate a variety of health experiences, life stages, and mental health challenges.

To get started:

1. Download the Calm Health app from the App Store or Google Play Store
2. Log in with your existing Calm account or create a Calm account
3. Enter *lennox* as your access code
4. Verify your eligibility by entering your *EEID*

Need help? Reach out to the Calm Health Support Team at support@calmhealth.com with any questions.