



Convenient access to well-being support with Calm Health

With the ever-present need for mental health support and persistent access challenges in the U.S., we are committed to connecting members to tailored, easy-to-access support.

Resources to help support your employees' mental health

As part of our behavioral health solutions, we offer members and their dependents access to Calm Health.

From the creators of the globally top-rated Calm app for sleep, meditation and relaxation, Calm Health provides members with immediate access to mindfulness content, tools and techniques. Calm Health also offers industry-recognized mental health screenings (PHQ-9, GAD-7) for symptoms of depression and anxiety to help guide users to evidence-based learning programs and referral pathways.

Over
1 in 5

U.S. adults have a mental health condition¹

92%

of U.S. workers say it's important to them to work for an organization that values their mental health and well-being²

83%

of U.S. workers suffer from work-related stress, with 25% saying their job is the No. 1 stressor in their lives³



The value of Calm Health

- 24/7 access to self-paced digital learning programs with evidence-based content
- Industry-recognized screenings help users track symptoms over time and inform personalized recommendations
- Integrated referrals guide members to additional support, including coaching or therapy, based on individual screening responses

Available tools and resources

Members are encouraged to begin with the screening and to answer a brief questionnaire about their goals, interests and health. Based on these results, a personalized plan is created. Each plan includes audio and video condition-specific learning programs, supplemented with sleep and mindfulness content. If the screening indicates a need for more support, Calm Health helps guide members to additional solutions and services from their health plan, such as coaching or therapy.

By increasing the availability of resources and tools for addressing low-severity needs with Calm Health, we are helping individuals build resilience and develop new skills to manage stress, anxiety and other emotions.

Contact your representative to learn more about improving access to mental well-being support with Calm Health

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¹ National Institute of Mental Health. Mental illness. March 2023.

² American Psychological Association. 2023 Work in America Survey: Workplaces as engines of psychological health and well-being. Accessed May 24, 2024.

³ The American Institute of Stress. Workplace stress. Accessed May 24, 2024.

Calm Health is not intended to diagnose or treat depression, anxiety, or any other disease or condition. If participants feel their condition is severe and needs attention, they are instructed to contact their treating provider or mental health therapist for help. The program is not available to Oxford E&I Fully Insured customers/members until their policy effective or renewal date on or after Jan. 1, 2025 for New York situs and New Jersey situs small group plans, July 1, 2025 for New York situs and New Jersey situs large group plans, and Sept. 1, 2025 for CT situs small- and large-group plans. Employee benefits including group health plan benefits may be taxable benefits unless they fit into specific exception categories. Please consult with your tax specialist to determine taxability of these offerings. Images provided for illustrative purposes only.

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