

Enhance your mental wellbeing



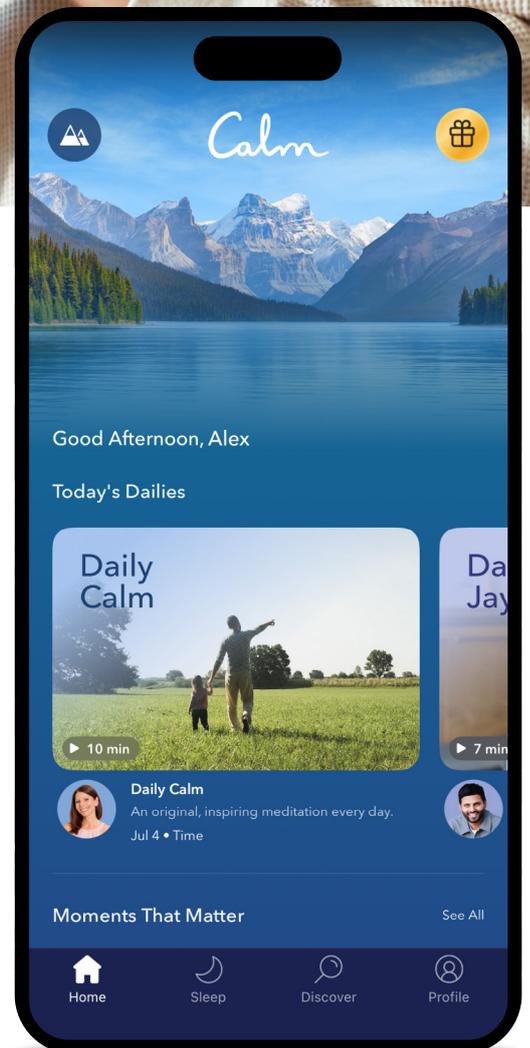
Enhance your mental wellbeing with Calm Sleep & Meditation app

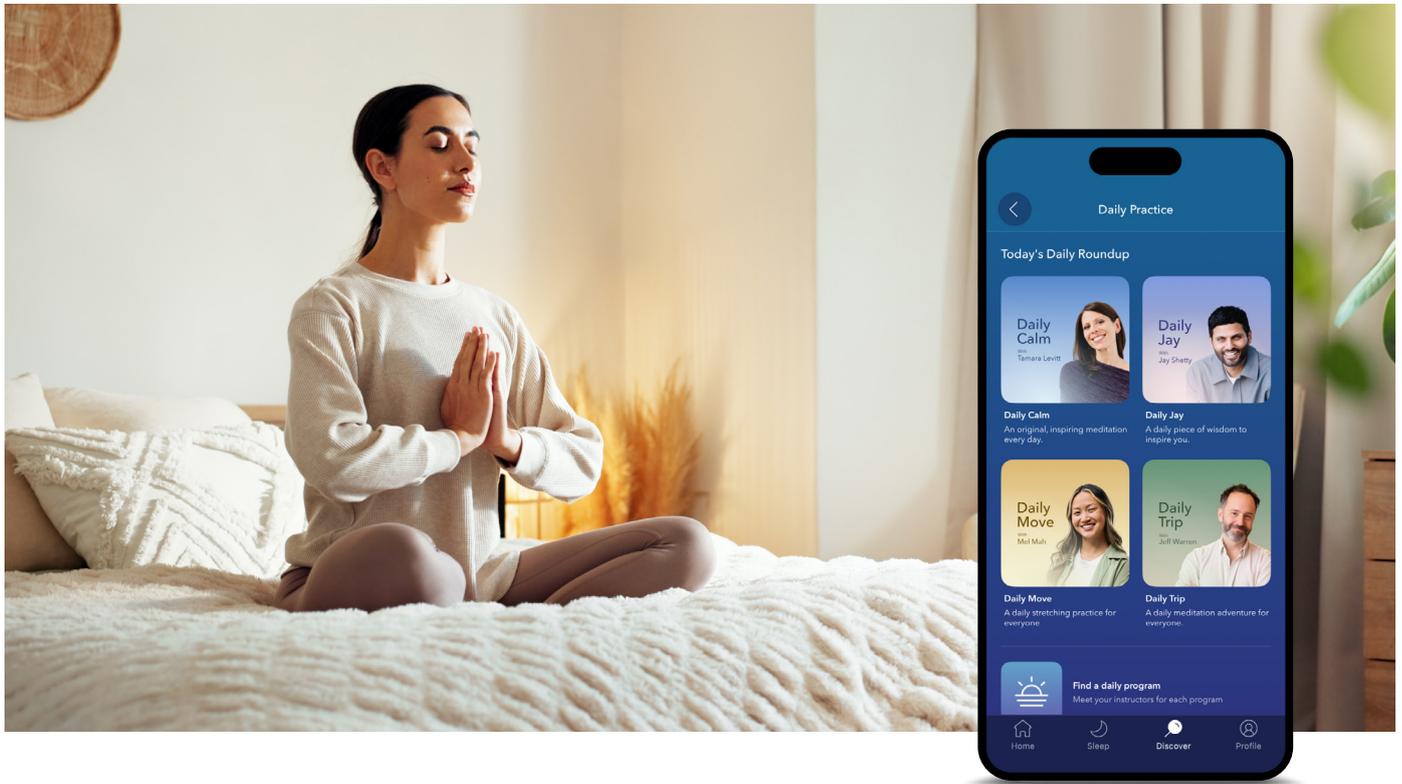
Calm is the leading sleep and meditation app designed to help you sleep better, stress less, and live more mindfully through content and tools from experts and use of beloved celebrity voices.

Sleep Better. Stress Less. Live Mindfully.

Mental health support that empowers individuals to navigate life's twists and turns. The evidence-based programs, mindfulness and meditation content are designed for maximizing user engagement.

- Learn life changing skill of meditation
- Music to help you focus, relax and sleep
- Sleep stories to help you and your children fall asleep
- Masterclasses taught by world renowned experts





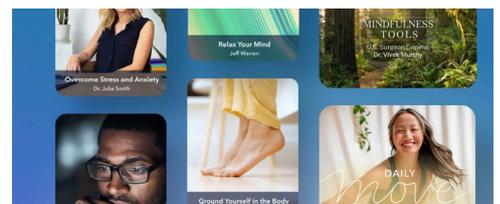
How can Calm help you?

With Calm, you have access to a wide range of research-based tools and resources designed to fit into your everyday life and help you build life-changing habits that support your mental health.

Sleep Better: Explore over 500 sleep stories narrated by celebrities, meditations, and calming music to guide you off to sleep quickly and naturally, helping you enjoy a restful night and wake up refreshed.



Stress Less: Choose from an extensive catalog of expert-led content, from 2-minute breathing exercises to 7-day programs, to help calm anxiety and find the tools for in-the-moment stress relief.



Live Mindfully: Access mindfulness, meditations, and guided programs designed to help you navigate life's ups and downs with resilience. Develop healthy habits that will support your wellbeing and last a lifetime.



Get started today!

To access it, simply go to Health Assistant/Wellness Hub on **MyHealth** app or portal and follow on-screen instructions.

Calm is provided by a third-party provider outside the Allianz group, and is subject to terms and conditions of the policy. Services may be subject to geographical restrictions. The Calm app does not provide medical or health advice and shouldn't be regarded as a substitute for professional advice (medical, physical or psychological), diagnosis, treatment, assessment or care that members may need from their own doctor. You understand and agree that AWP Health & Life SA and AP Solutions GmbH are not responsible or liable for any claim, loss or damage, directly or indirectly resulting from your use of any of these third-party services. AWP Health & Life SA, acting through its Irish Branch, is a limited company governed by the French Insurance Code. Registered in France: No. 401 154 679 RCS Bobigny. Irish Branch registered in the Irish Companies Registration Office, registered No.: 907619, address: 15 Joyce Way, Park West Business Campus, Nangor Road, Dublin 12, Ireland.