



Free Calm Subscription

The world's #1 app for sleep, meditation, and relaxation



What To Expect:

- 100+ guided meditations
- Sleep support
- Music for focus & relaxation
- Workplace content
- Daily meditations
- Guided breathwork & body scans
- Wellness masterclasses
- Content for kids
- 5 free Calm subscriptions for dependents

Frequently Asked Questions:

What if I already have a Calm subscription?

If you already have a paid account, you'll need to cancel your auto-renew before transitioning to your Calm account through Benesch Friedlander. For more information, [view this article](#).

How do I add my dependents?

Follow these [step-by-step instructions](#) to add up to 5 dependents (family and friends ages 16+).

What's the best way to use Calm? Where do I start?

Attend a live [Calm App Webinar](#), or check out [this article](#) to learn how you can get started with Calm. You can also visit the [Calm Blog](#) for more guidance on how Calm can support sleep, stress and more!


I'm having trouble with my Calm account. Who do I contact?

You can contact Calm's Customer Support Team by sending an email to calmbusinesshelp@calm.com.

Already Have A Calm Account?

Go to your Settings > Link Organization Subscription and follow steps 3 and 4.

Redeem Your Calm Premium Account Today:

- 1 Download and open the Calm App.
- 2 Create an account with a personal email address and go to Profile > Settings  Link Organization Subscription.
- 3 Enter Benesch Friedlander as your organization.
- 4 Enter your work email and click 'Submit' to activate your free subscription.