

Check out all your union membership has to offer!

Free Premium Calm App for All NYSUT In-Service AND Retiree Members!



- **The #1 app for sleep, meditation, and relaxation**
- **Unlimited access to the full library of content**
- **Add up to five dependents (age 16 or older) to receive their own premium Calm subscription**

The Calm app -- recognized as Apple's Best of 2018 award winner, Apple's App of the Year 2017, and Google Play Editor's Choice 2018 -- is the #1 app for sleep, meditation, and relaxation with over 100 million downloads. Whether members have 30 seconds or 30 minutes of time available, the diverse content library offered by Calm includes numerous resources for their schedule and needs.

Members can explore guided meditations and specialized music playlists to help with stress and focus, mindful movement video and audio, relaxing sleep stories, nature scenes and sounds, specific content tailored for children, masterclasses led by experts, and more.

To learn more about how to create your Calm account and access the premium content for free, visit [memberbenefits.nysut.org/free-member-benefits](https://www.nysut.org/memberbenefits) and then click on "Premium Calm Service." From there, you will find detailed instructions on how to create your Calm account along with a helpful Frequently Asked Questions document about the service. You will need your NYSUT ID number to create an account with your email address and password. Your NYSUT ID number can be found on your NYSUT Membership Card or by visiting <https://www.nysut.org/memberid>.

Once you create your free Calm account on your computer, it is recommended that you download the Calm app for your iOS or Android device. After downloading the Calm app for your preferred mobile device, you can then log in with your email address and password to unlock the premium Calm content.



Learn more by scanning the QR code to the left,
visiting [memberbenefits.nysut.org](https://www.nysut.org/memberbenefits),
or calling 800-626-8101.

