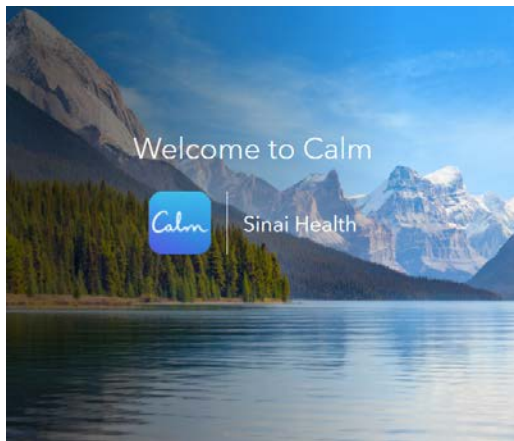


Calm Log-in Instructions

Sinai Health people have access to a free premium subscription to *Calm* until February 17, 2023. To take advantage of all that *Calm* has to offer, follow the steps below:

1. Click [here](https://www.calm.com/b2b/sinai-health/subscribe) to access the “Subscribe” page.
*note that Calm will *not* open on Internet Explorer. You may need to copy and paste the URL below to a different browser: *
<https://www.calm.com/b2b/sinai-health/subscribe>
2. You will be asked whether you already have a Calm account. Select the option that applies to you.



Sinai Health is offering you a Calm Premium subscription

Hello and welcome,

To begin, you'll need to login or create a Calm account.

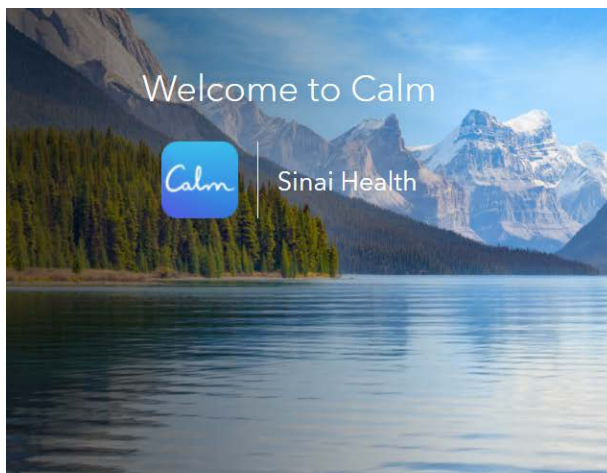
Do you have a Calm account?

Yes

No

3. **If you do not have a *Calm* account**, you will be prompted to enter your name, email, and a password of your choosing (this password will need to be at least 8 characters long).

Please note that you do not need to use your Sinai Health email address



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Create a free Calm account

Use your personal email address so you can take your Calm account with you.

First name

Email

Password

OR

Continue with Facebook

Continue with Google

4. If you already have **Calm** account, you will be prompted to log in to your account in order to take advantage of our premium account.
*if you already have a renewing subscription to **Calm** you will have to cancel your auto-renew first*



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Log into your Calm account

✉ Email

🔒 Password

Forgot your password? [Click here](#)

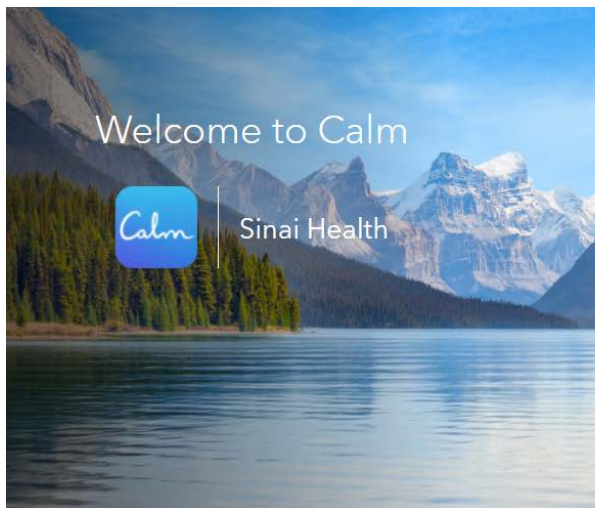
OR

Continue with Facebook

Continue with Apple

Continue with Google

5. Once you are signed in to an account, you will be prompted to enter your unique ID.



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Your Unique ID

Enter the Unique ID provided by Sinai Health to link your account and enable Calm Premium, free!

Unique ID

If you're unsure of your Unique ID, please contact your benefits administrator, or [contact Calm's Support team here.](#)

Submit

What is my Unique ID?

- Employees: SH + your employee ID (e.g. SH123456)
- Physicians: X + your CPSO number (e.g. X123456)
- Volunteers: V + unique code (e.g. V123456)
Please note that Volunteer Resources will provide your unique code

Once complete, you can download the *Calm* app and log into your new account. Curious about what *Calm* offers? Join one their [Live Welcome Sessions](#) to learn more.

If you have any questions please review this [FAQ](#) or e-mail workplace.wellness@sinaihealth.ca.