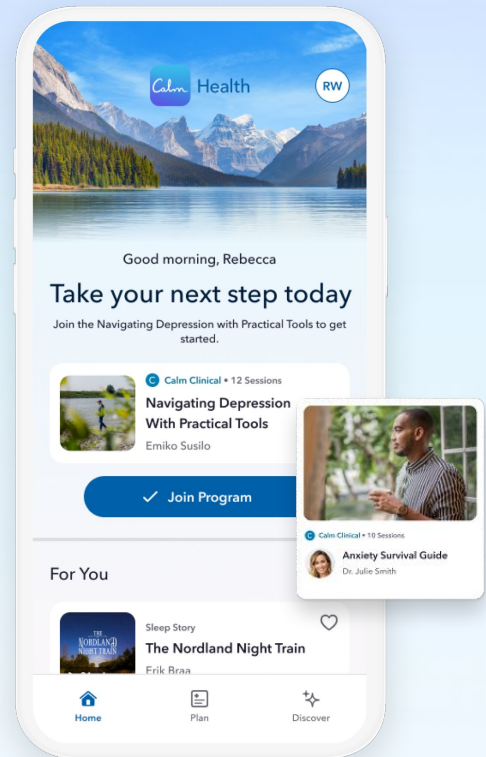




Take a moment for yourself

Taking care of your mental health has never been more important. That's why we're pleased to offer you complimentary access to Calm Health to support your mental and physical well-being.



Programs developed by psychologists that address life experiences, health conditions, and occupation-specific challenges



Best of Calm resources for mindfulness support



Short, confidential screenings to tailor your experience



Personalized recommendations for relevant resources



To download the Calm Health app, scan the QR code or visit the App Store or Google Play Store.

Then, follow the instructions below to sign up:

- Log in with your existing Calm account or create a new Calm account, using an email address of your choice
- Enter access code: **Ascension**
- Verify your eligibility by entering your Ascension email address

Need help? Reach out to Wellbeing@ascension.org with any questions.

