

# Free Calm Subscription

The world's #1 app for mental fitness

Millions of people are experiencing lower stress, less anxiety, improved focus and more restful sleep with Calm. Whether you have 30 seconds or 30 minutes, Calm content is made to suit your schedule and needs.



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To unlock your free Calm subscription, visit:

<https://www.calm.com/b2b/north-carolina-central-university/subscribe>

This must be done on a web or mobile browser (not in the app itself).

Once on the page:

- Create an account or sign in to your existing Calm account
- Request a Calm ID by contacting Student Health - (email/phone)
- Download the Calm app and log in to your account to access the premium content