

Premium Calm Service - Now Available!

NYSUT Member Benefits is excited to announce the availability of the **premium Calm subscription** as a free benefit for all NYSUT in-service members.



The premium Calm subscription provides in-service members with unlimited access to the full library of content at ***calm.com*** and in the Calm app, which can be utilized via a desktop, laptop, tablet, or mobile device (iOS or Android).

In-service members can add up to five dependents (age 16 or older) to receive their own premium Calm subscription. Dependents can only be added through the ***calm.com*** site (not the Calm app); dependents will then receive their own premium Calm subscription.

LEARN MORE:

Visit <https://www.calm.com/b2b/nysut-member-benefits/subscribe> to create your Calm account now (Note: This is a dedicated URL for NYSUT members).

Please make sure to follow the steps below:

1. You will need your NYSUT ID number to create an account with your email address (personal email recommended) and password using the dedicated URL above.

Note: Your NYSUT ID number can be found on your NYSUT Membership Card or by visiting

<https://www.nysut.org/memberid>.

2. Once you create your free Calm account on your computer using the URL above, it is recommended that you download the Calm app for your iOS or Android device.

3. 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.

Member Benefits and the Calm team have created a helpful [Frequently Asked Questions](#) document for NYSUT members.

Questions related to the Calm service? Please contact the [Calm support team](#).

AWARD-WINNING CALM APP

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.

NYSUT Retiree Members, NYSUT Associate Members, and NYSUT Student Members are not eligible to utilize this free benefit at this time.