



If you have an existing Calm account

If you currently have a Calm account and would like to switch it to the free CTA Calm account, follow the directions below

- Use the dedicated Calm CTA URL to log in (it can be found on the [CTA Member Benefits Calm page](#))
- After clicking the link you will see the Calm CTA home page.

Welcome to Calm



California Teachers Association is offering you Calm Premium for free.

To begin, you'll need to log in or create a personal Calm account.

Log in

Sign up for free

- Select Log In and enter your current personal email address and password

Welcome to Calm



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New to Calm? Sign up

Log into your Calm account

Personal email address

Password (6+ characters)

[Forgot your password?](#)

Continue

- After you have entered your email and password, the next screen will ask for your 10-digit CTA member ID and select Submit

Welcome to Calm



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Your Member ID

Enter the Member ID provided by California Teachers Association to link your account and enable Calm Premium, free!

Member ID

Submit



You can cancel your Calm Premium subscription's auto-renewal or free trial at any time. You will continue to have access to premium content until the subscription's expiration date.

To cancel your Calm Premium subscription:

1. Tap 'Profile' on your app's Home screen.
2. Tap the 'Settings' gear icon in the top left corner of your screen.
3. Tap 'Manage Subscription' and follow the instructions here for cancelling your subscription.
4. For subscriptions purchased through Apple and Google Play, tap the word 'here' on your Manage Subscription page to be redirected to your device's subscription settings.