

NEW CTA MEMBER BENEFIT

**Daily
Meditations**

**Guided
Breathing
Exercises**

**Calming
Music Tracks**

**Sleep Stories
For All Ages**



FREE CALM SUBSCRIPTION

CTA Members (active and retired), activate your FREE Calm subscription by:

- Visiting www.CTAMemberBenefits.org/calm to access the unique CTA Calm link

- Follow the instructions under 'How to Activate Your Calm Subscription'
- Your 10-digit CTA member ID is required (add leading zeros if your ID # is less than 10 digits)
- Download the Calm app and log into your new account
- Once you've signed up, you can add up to 5 dependents (age 16 years or older) via the "Manage Subscription" page inside your Calm account at www.calm.com

For any questions, please reach out to CTA Member Benefits at (650)552-5200 or email us at memberbenefits@cta.org.

www.CTAMemberBenefits.org/calm

