

# CTA MEMBER BENEFITS FREE CALM SUBSCRIPTION

**CTA Members (active and retired) -  
activate your FREE Calm subscription**

Visit **[www.CTAMemberBenefits.org/calm](http://www.CTAMemberBenefits.org/calm)**  
or scan the QR code 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 in to 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](http://www.calm.com)



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

