

New CTA Member Benefit



Free Calm Subscription for CTA Members

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.

Here's a sneak peek of what you can expect:

- Calm's Masterclasses taught by world-renowned experts
- Guided breathing exercises such as the Breathe Bubble
- Music tracks designed to promote focus, relaxation, and sleep
- 100+ guided meditations that cover anxiety, stress, gratitude, and much more
- Brand new daily meditations and movement sessions as part of their Dailies series
- The entire library of Sleep Stories which contains soothing bedtime tales that's suitable for both adults and children (new stories added every week!)

As a CTA Member (active and retired), you can activate your **FREE** Calm subscription by:

- Logging into www.CTAMemberBenefits.org/calm to access the unique CTA Calm link.
- Follow the instructions on the CTA Member Benefits page.
- 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 (650)552-5200 or email us at Memberbenefits@cta.org