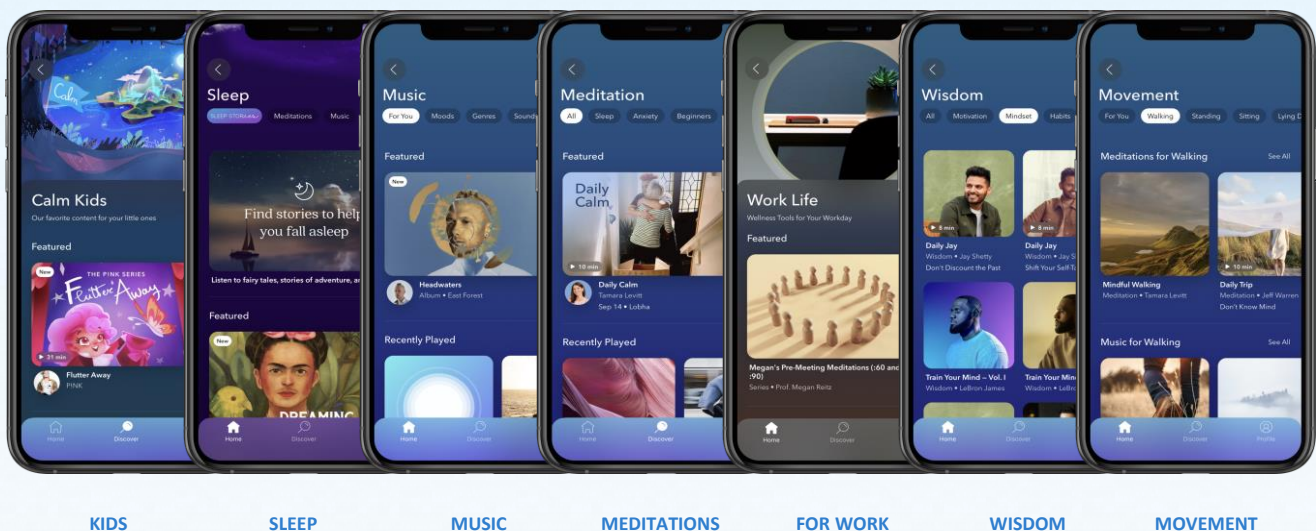





# Free Calm Subscription

The world's #1 app for sleep, meditation and relaxation

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.



Follow the below instructions to redeem your Calm Premium subscription:

1. Download and open the Calm app
2. Create an account with a personal email address and go to **Profile > Settings**  > **Link Organization Subscription**
3. Enter *Bowman Consulting Group* as your organization
4. Enter your **@bowman.com** email address to redeem your free subscription. If not automatically redirected, click on **Redeem via Email** and follow the prompts.

If you already have an existing Calm account, go to your **Settings > Link Organization Subscription** and follow steps 3 and 4.

---

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](https://www.calm.com).

Need help? Reach out to the [Calm Support Team](#) with any questions.