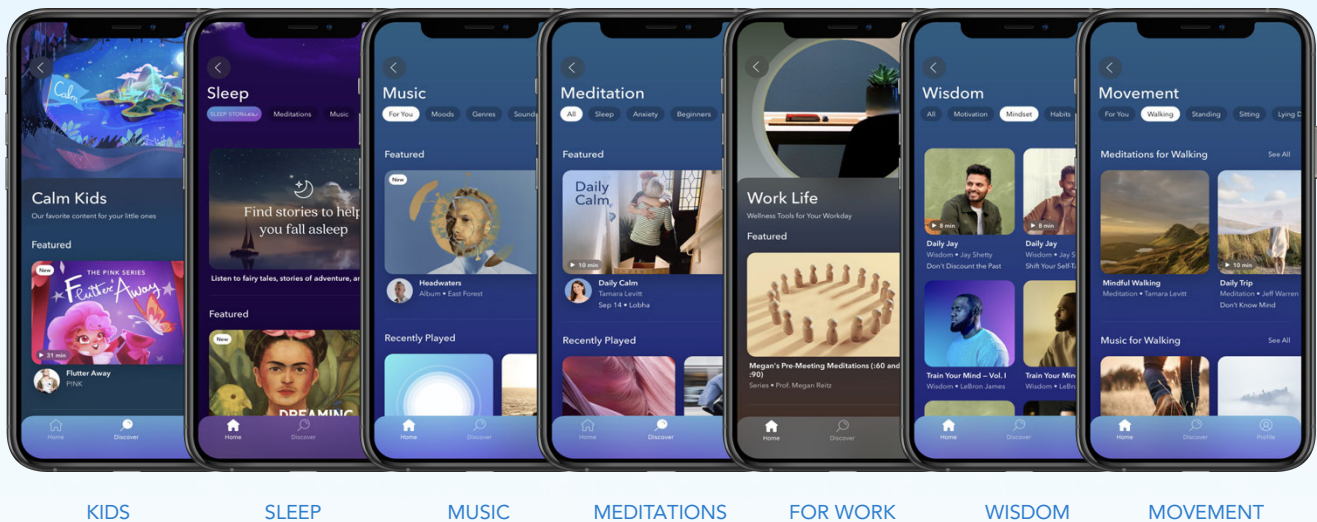




# Free Calm Subscription

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 Fresenius as your organization
4. Enter your credentials to redeem your free subscription. If not automatically redirected, click on *Redeem via Organization Code* 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.

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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.



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KIDS

SLEEP

MUSIC

MEDITATIONS

FOR WORK

WISDOM

MOVEMENT



To activate your subscription, scan the QR code or visit:

<https://www.calm.com/b2b/fresenius/subscribe>

This must be done on a web or mobile browser (not in the app itself).

Once on the page:

- Sign in to your existing Calm account or create an account
- Enter your employee ID in the box provided to activate the subscription on your Calm account
- Download the Calm app and log in to your account to access the premium content
- 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)

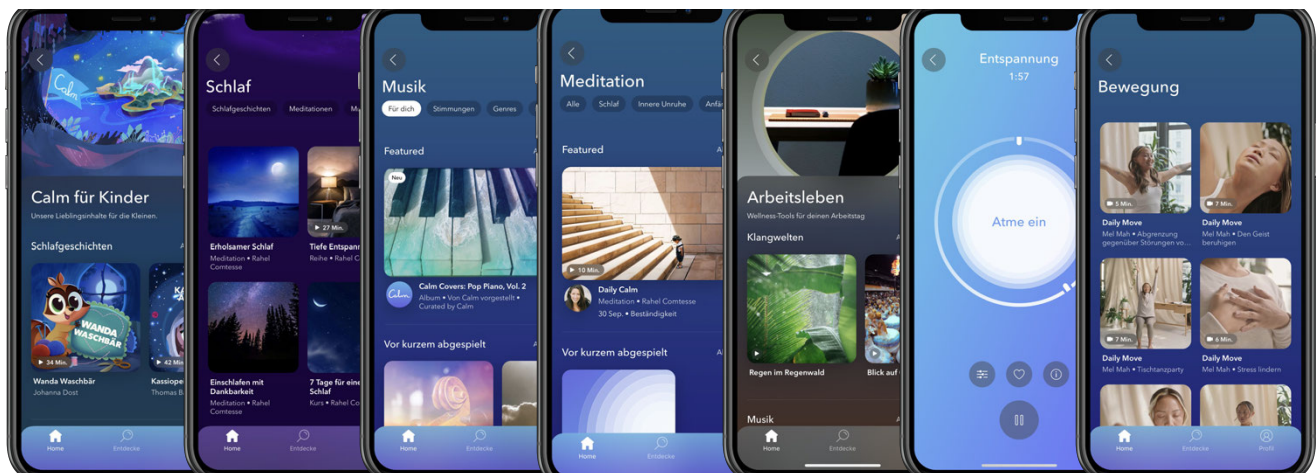
Need help? Reach out to the [Calm Support Team](#) with any questions.



# Kostenloses Calm-Abo

Weltweit die App Nr. 1 für mentale Fitness

Millionen von Menschen erleben dank Calm weniger Stress, weniger Angst, eine bessere Konzentration und einen ruhigeren Schlaf. Egal, ob dir 30 Sekunden oder 30 Minuten Zeit zur Verfügung stehen – die Inhalte von Calm sind genau auf dich und deinen Zeitplan abgestimmt.



KINDER

SCHLAF

MUSIK

MEDITATIONEN

FÜR DIE  
ARBEIT

ATMEN

BEWEGUNG



Scanne zur Abo-Aktivierung den QR-Code oder besuche:  
<https://www.calm.com/b2b/fresenius/subscribe>

Das muss über einen Web- oder Mobile-Browser geschehen, nicht über die App.

Wenn du auf der Seite bist:

- Melde dich an deinem bestehenden Calm-Konto an oder erstelle ein neues Konto.
- Gib in deinem Calm-Konto deine Mitarbeiter-ID im Feld zur Aktivierung deines Abonnements ein.
- Lade die Calm-App herunter, und melde dich bei deinem Konto an, um auf die Premium-Inhalte zuzugreifen
- Nachdem du dich angemeldet hast, kannst du [bis zu 5 Angehörige](#) (ab 16 Jahren) über die Seite „Abonnement verwalten“ in deinem Calm-Konto unter [www.calm.com](https://www.calm.com) hinzufügen.

Du brauchst Hilfe? Wende dich mit Fragen an das [Calm Support Team](#).