



Unlock All Features of Your No-Cost Calm Subscription Webinar Questions & Answers September 16, 2026

What is the free Calm app available to NYSUT members?

All NYSUT in-service and retiree members enjoy unlimited free access to the popular Calm app's complete library of sleep, meditation, relaxation, and mental health content, which can be utilized at **calm.com** and in the Calm app via a desktop, laptop, tablet, or mobile device (iOS or Android). Explore guided meditations and specialized music playlists, mindful movement video and audio, various webinars, relaxing sleep stories, nature scenes and sounds, specific children's content, masterclasses, and more.

Who is eligible for this benefit?

NYSUT in-service and retiree members are eligible.

Can I share this with my family and friends?

Yes. Members can add up to five dependents (age 16 or older) to receive their own free premium Calm subscription.

How many devices can I use the app on?

There is no limit to the number of devices you can log into with your Calm account.

Is Calm available outside the U.S.?

Yes, the Calm app is available in many other countries.

How do I get started with creating an account and accessing the free premium subscription as a NYSUT member?

When you're ready to give Calm a try, activate your no-cost subscription by following these steps.

Method #1 (Mobile App):

1: Download and open the Calm app or scan the appropriate QR code.

Apple



Android



2: Create an account with a **preferred email** and go to **Profile > Settings > Link Organization Subscription**.

3: Enter **NYSUT Member Benefits** as your organization.

4: Enter your **NYSUT ID Number** and click **Submit** to activate your free subscription.

Method #2: (Web Browser):

1: Visit calm.com/b2b/nysut-member-benefits/subscribe on a desktop or laptop.

2: Create your account with a **preferred email, password, and your NYSUT ID Number**.

3: Once you create your Calm account, download the Calm app for your iOS or Android device. After downloading the Calm app, log in with your email address and password to unlock the premium Calm content for free.

Note: Your NYSUT ID number can be found on your NYSUT Membership Card or by visiting nysut.org/memberid.

How do I confirm my premium access is active?

In the app or on a web browser, click on **Settings** and then **Link Organization Subscription**. If you have successfully created your premium account, you will see the following message: *You are currently subscribed to Calm Premium through NYSUT Member Benefits.*

How do I go about adding my five dependents?

Once you have activated your premium subscription as a NYSUT member, you will need to do the following on either a desktop computer, laptop, or using a web browser on your mobile device.

- 1: Access the **Manage Dependents** button under the **Manage Subscription** page inside your Calm account from the web platform at **calm.com**. Note: This feature is not available in the mobile app.
- 2: Click on the **Manage Dependents** button to be taken to a new page where you can manage the dependents on your Calm benefit using the **Invite Dependents** button.
- 3: Copy and paste the invitation link to share it directly with your chosen dependents. You may also use the **Email Link** button to email your dependents the link directly from your Calm account. Please ensure your dependents have the most current version of the Calm app downloaded on their mobile device.

Remember that dependents must be at least 16 years of age.

Learn More - <https://health.calm.com/how-to-invite-dependents-to-utilize-your-calm-business-benefit/>

If I already have a Calm account, how would I go about changing the email address associated with that account?

Please reach out to the Calm Support Team at calmbusinesshelp@calm.com and share the email address the account is currently under and the email address you would like to use for the account. The support team can link those accounts together under one account. Learn More - <https://support.calm.com/hc/en-us/articles/115002473607-How-to-Cancel-Your-Subscription-or-Free-Trial>

Does the Calm Support Team offer any online resources?

Yes, please follow this link for additional information and resources - <https://support.calm.com>

What if I already have a paid Calm subscription?

You can use your existing credentials to access the free premium subscription through Member Benefits. Log into your account and then click on **Profile > Settings > Link Organization Subscription**. You will then enter **NYSUT Member Benefits** as your organization. Then enter your **NYSUT ID Number** and click **Submit** to activate your free subscription.

Important: Reach out to the Calm Support Team to cancel your personal auto renewal. Activating the premium subscription as a NYSUT member will provide you with the option of adding five dependents, which is not available through a regular subscription.

What if I have a lifetime Calm subscription?

It is still worth activating your premium subscription as a NYSUT member if you would like to add the five dependents for free; standard lifetime subscriptions do not include the option to add dependent accounts.

I downloaded Calm years ago. Do I need to reinstall the app?

Yes, it is highly recommended to delete and re-download the app to ensure you have the latest updates and features. Your existing login credentials will still work.

What if I receive this message: “Your premium subscription has already been redeemed”; what should I do?

Please reach out to the Calm Support Team at calmbusinesshelp@calm.com for assistance and inform them of the issue.

Can I use multiple languages on the Calm app?

No. You can only utilize one language at a time when navigating the app.

How do I create a playlist on the Calm app?

Tap the **three horizontal lines (menu icon)** in the app or web browser to start building and managing your playlists.

How do I set timers on the Calm app?

Tap the **Clock icon** in the app or web browser to select how long you would like content to play.

Can the Calm app be added to an Echo, Alexa, or similar device?

You cannot add the Calm app to a device like that but you may be able to cast it using your mobile device. Learn More - <https://support.calm.com/hc/en-us/articles/115004233614-Play-Calm-on-Smart-Speakers-Sonos-Alexa-Google-HomePod-Guide>

Can dependents reach out to Calm directly for assistance?

Yes, dependents can reach out to the Calm Support Team at calmbusinesshelp@calm.com for technical help.