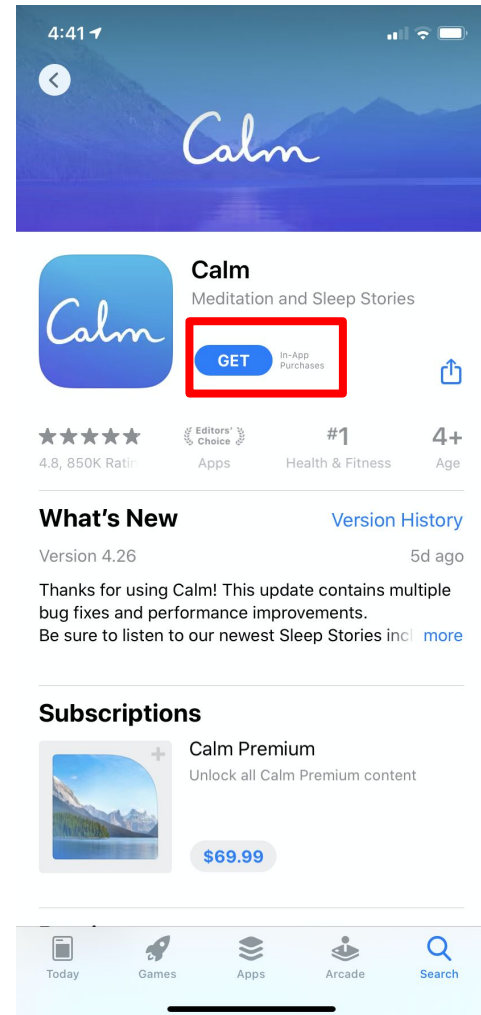


# Calm App Login Flow

*Calm*

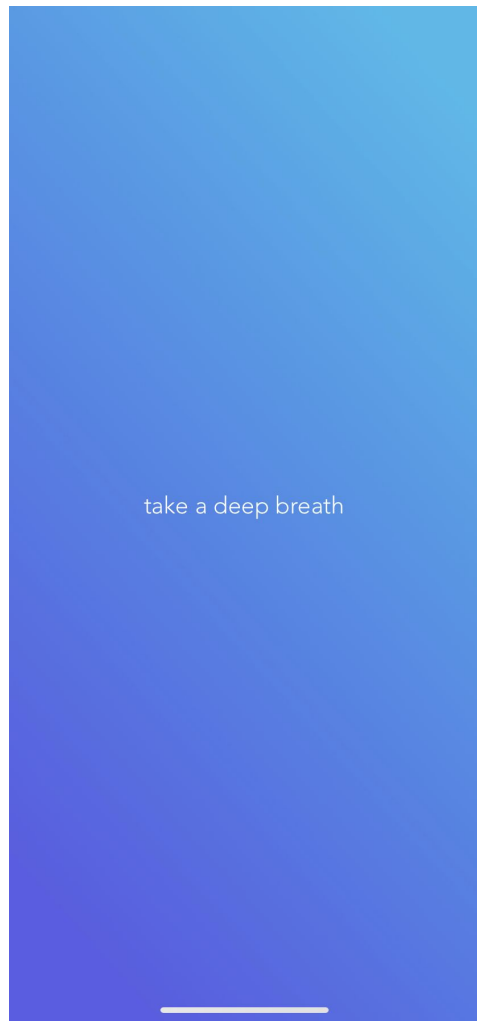
# App Download

- Search "Calm" in Apple iTunes
- Click "GET"
- Click app icon on phone to open once download is complete



# App loads and opens

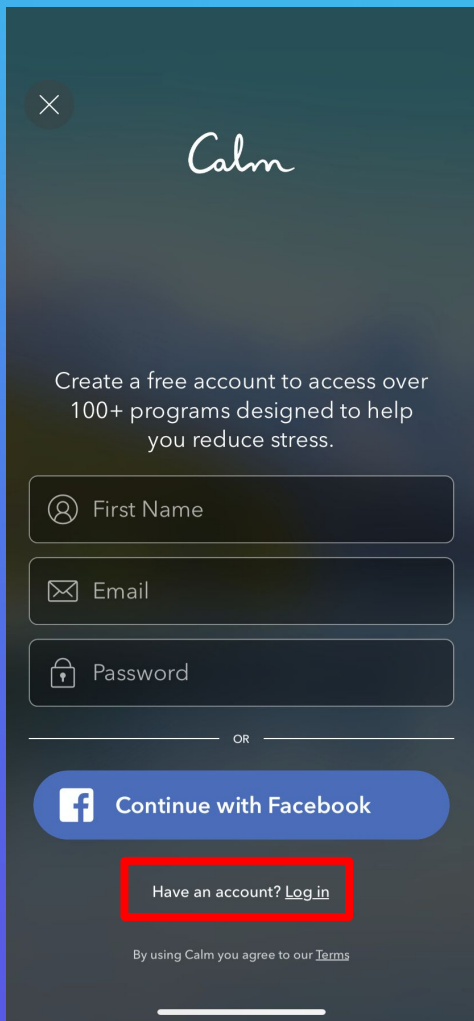
- You'll be greeted with "take a deep breath" while the app opens
- Loading screen takes under 5 seconds





# What brings you to Calm?

You will receive a Push notification alert followed by the option to select focus areas you'd like to work on. This is optional, you can skip by clicking "Continue"



The image shows a mobile app interface for Calm. At the top left is a close button (X). The Calm logo is centered at the top. Below the logo, a message states: "Create a free account to access over 100+ programs designed to help you reduce stress." There are three input fields: "First Name" with a person icon, "Email" with an envelope icon, and "Password" with a lock icon. Below these fields is a horizontal line with "OR" in the center. Underneath is a blue button with the Facebook logo and the text "Continue with Facebook". At the bottom, there is a link that says "Have an account? Log in", which is highlighted with a red rectangle. At the very bottom, there is a small line of text: "By using Calm you agree to our Terms".

×

Calm


Create a free account to access over 100+ programs designed to help you reduce stress.

First Name

Email

Password

OR


 Continue with Facebook


Have an account? [Log in](#)

By using Calm you agree to our [Terms](#)


# Sign up or Login


After a few more optional questions, you will reach a signup screen. If you've already signed up through KP.org, click "Log in" at the bottom





Log into your Calm account





[Forgot password?](#)

Log in

Need an account? [Sign up](#)

Login with the  
email and  
password you  
created via KP.org



Share a few more details about  
your preferences.

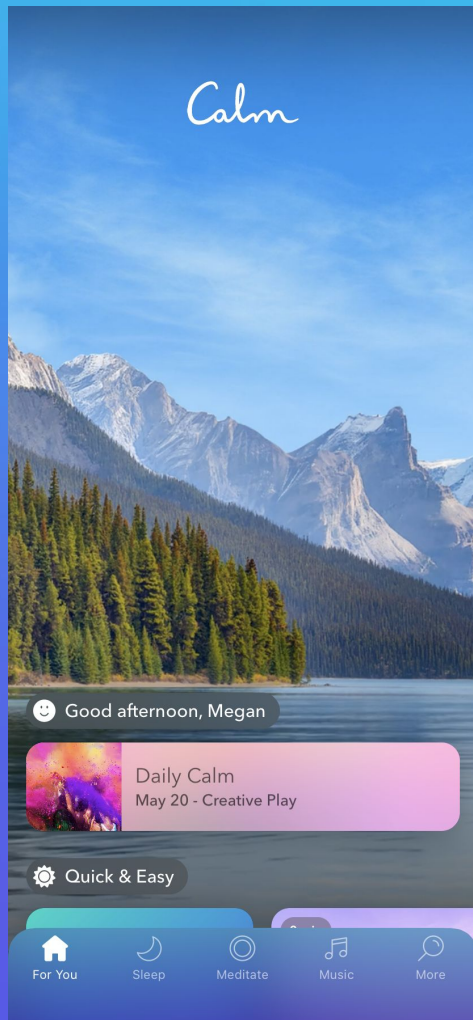
That way, we can recommend the best  
content for you.

**Let's go**

Skip for now

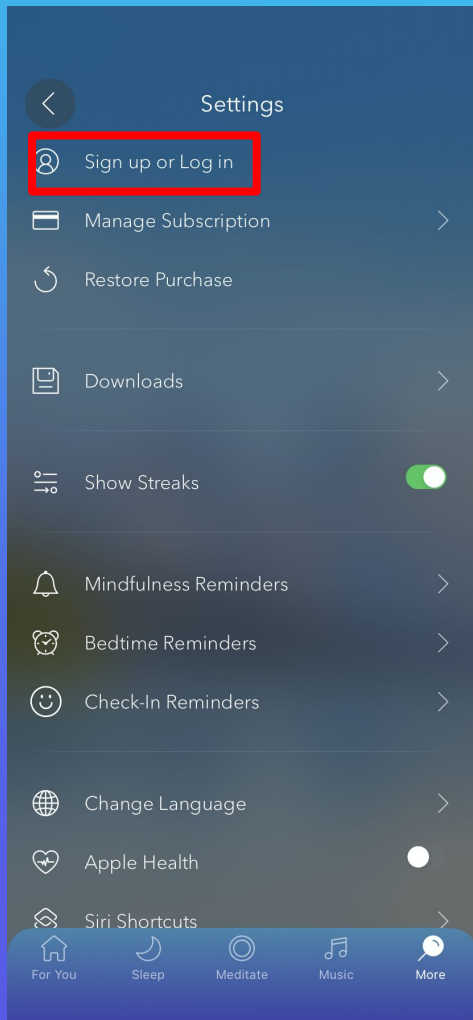
# Answer a few more questions...

...to help personalize some  
recommended programs. Feel  
free to skip instead.



You'll be brought  
to the homescreen  
where all of the  
content is  
unlocked





If for some reason  
you missed the  
“login” option:

1. Tap “More”
2. Tap “Settings”
3. Click “Sign up or Log in”

For further assistance, reach out to  
the Calm customer support team  
via [calm.com/contact-us](https://calm.com/contact-us)