# Calm Benefit Employee Sign-Up Flow

Follow the steps below to redeem your premium Calm subscription provided by us. If you have any further questions, please watch this 3-minute video, or contact Calm's Customer Support Team. If you already have a personal account with Calm, you will want to cancel that subscription by following these instructions before joining our employer sponsored account.

Step 1 - Navigating to the registration landing page: Visit this link: **https://www.calm.com/b2b/barnes/subscribe** in a mobile or web browser (**and not the actual Calm app itself**).

Step 2 - Avoid duplicate account creation: Click "Yes" if you have **ever** used Calm before (this includes free trials or previous subscriptions), or click "No" if you have **never** used Calm before.
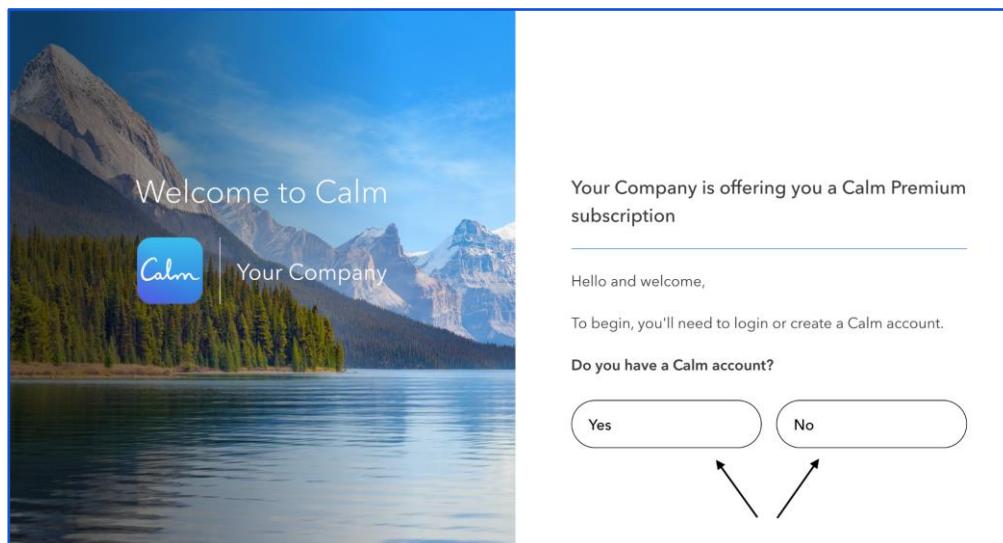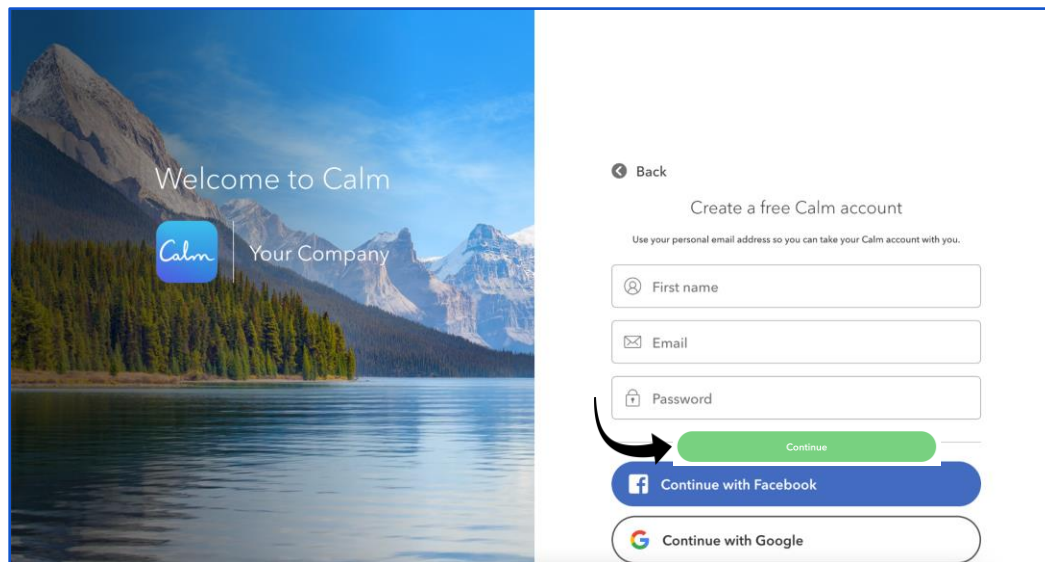

Step 3a: If you chose "Yes", enter your Calm login credentials and click the green "Continue" button once it appears.
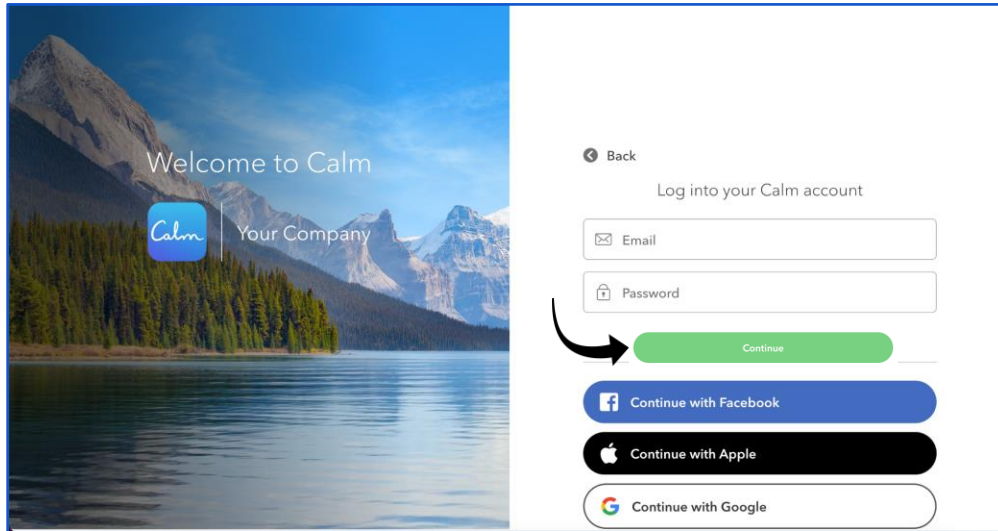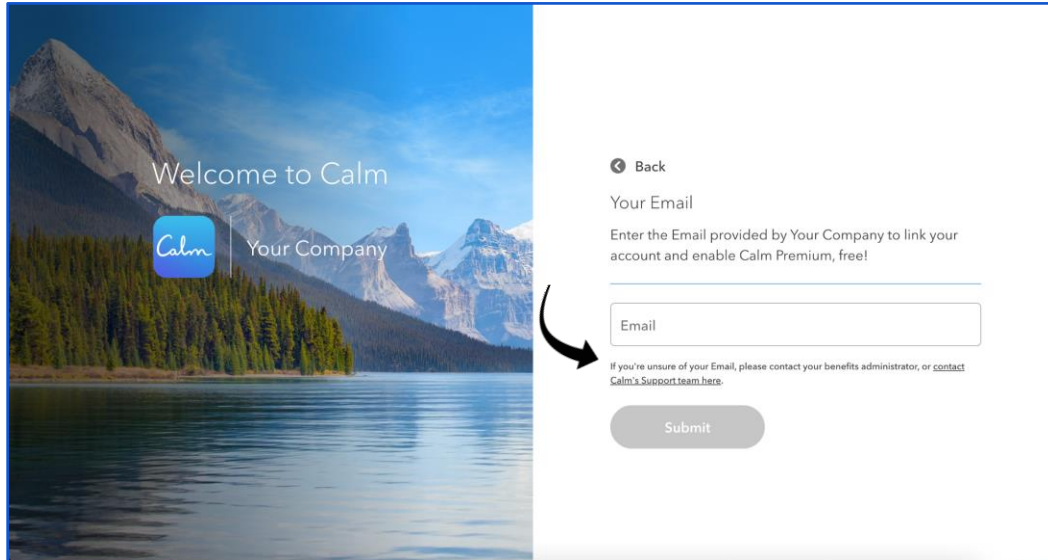
Step 3b: If you chose "No", enter your first name and create your login credentials using a **personal email address** and password. Click the green "Continue" button once it appears.
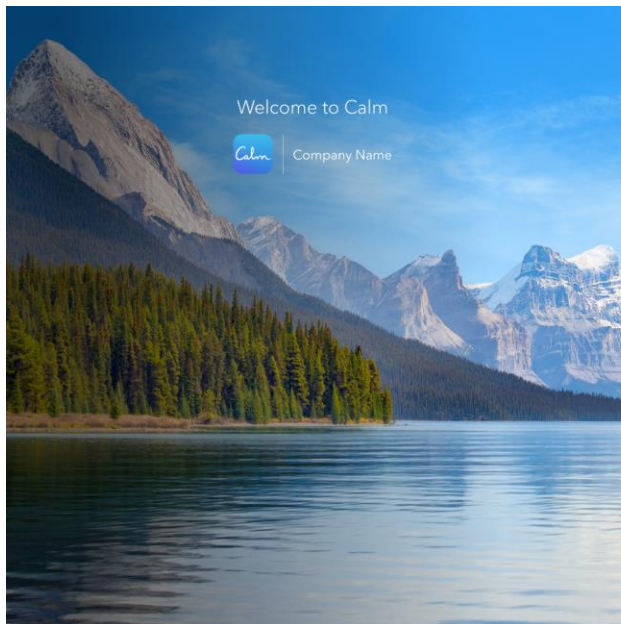
Step 4 - Subscription validation and activation: Enter your **employee ID** and click "Submit" once it lights up in green. This step is to validate your eligibility to redeem your subscription.

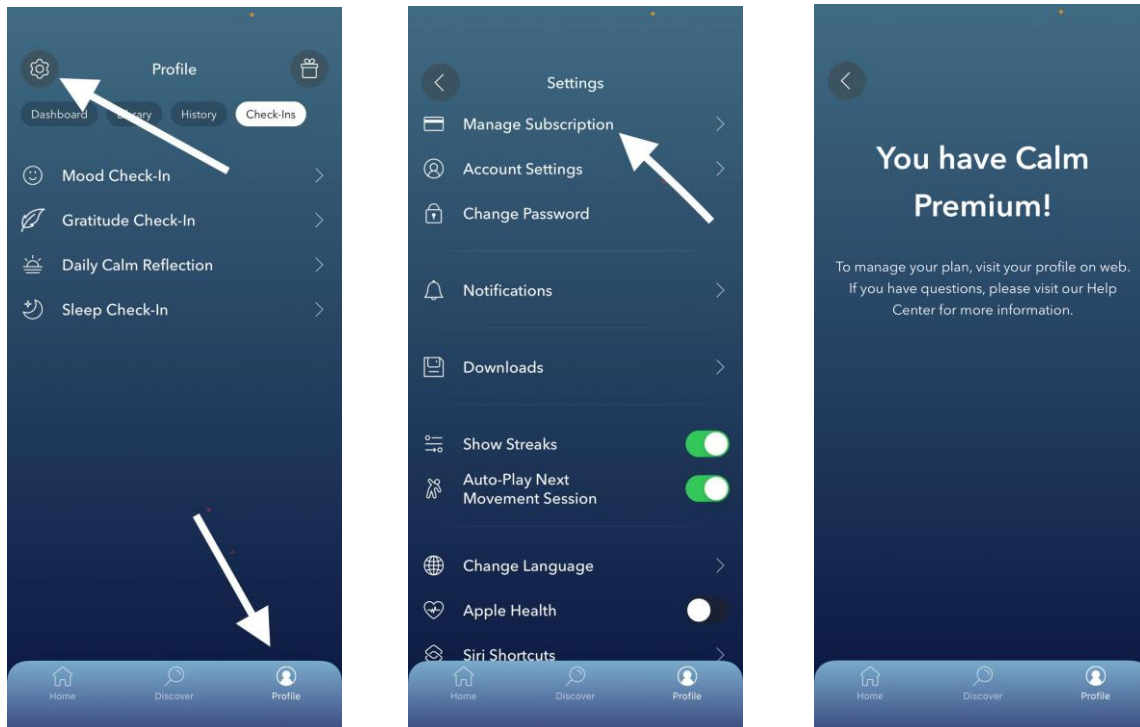If successful, you should see this screen (with your email address):

Step 5: Download the Calm app or open the Calm web browser at Calm.com and enter your login credentials (personal email address and password you created).

![Calm Business logo]
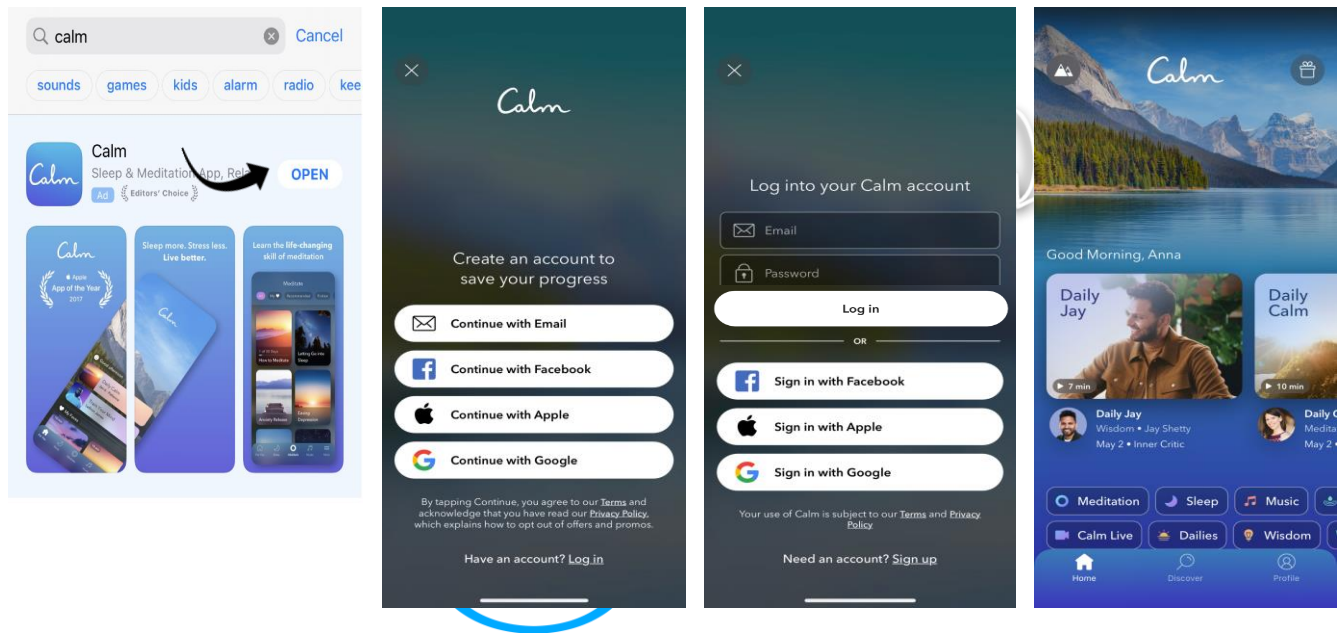
To confirm that you have successfully logged into your Calm Premium account:

Click "Profile" and then the "Settings" gear.

Click "Manage Subscription."

Screen should say "You have Calm Premium!"

Need help activating your premium subscription? Contact [Calm's Customer Support Team](#).