Calm

Parkview Health is proud to bring you Calm for free

The world's #1 app for Mental Fitness

Sleep more. Stress Less. Live Better.

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 has content suited to your needs and your schedule.

How to Access Your Subscription

1. Download the Calm app from the Apple iTunes store on IOS devices or the Google Play Store on Android devices.

2. Sign up using your name and Parkview email address. For providers or business associates who don't have a Parkview email address, you may use your personal email address. Email HResource@Parkview.com with any questions.

Everyone needs this App

"The Calm App has brought peace to my hectic life. In addition to the "daily calm" I enjoy the Sleep Stories and the Masterclasses. All of these have been helping me focus, make healthier choices throughout the day, and sleep better."

Family care benefits that make life work.

Parkview Health understands that life happens. Random school closures, sick childcare providers, aging parents who need help, pets who could use some midday love… Wouldn't it be nice to have some help along the way?

Now you have it with Care@Work, a co-worker benefit from Parkview Health. But you have to register to get started.

Your benefit details:
Backup Care: 20 days
Benefit is per year, March 30–Feb. 28

Backup Care subsidized rates:
$2/hour for in-home care for children or adults
$10 per child per day at childcare centers

Take advantage of your benefits now.

Care.com Membership
Post jobs, search and reach out to local caregivers 24/7, with unlimited access.

Backup Care for Children
Get subsidized and vetted childcare when you need it most. But Backup Care isn't just for emergencies. Use your benefit to cover school holidays or any other time you need a quality caregiver.

Backup Care for Adults
Receive subsidized and vetted in-home care for any adult in your family—including you. Caregivers may be certified nurse's aides, home health aides or experienced eldercare companions.

Activate your benefits now.
Register at parkview.care.com

care@work
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Frequently Asked Questions

What is Care@Work?
Care@Work by Care.com provides employers such as Parkview Health with innovative tech solutions that help co-workers care for their families. Hundreds of leading companies have chosen Care@Work as their family care benefits platform.

How do I sign up?
To enroll, visit parkview.care.com and use your employee ID. You can also download the Care@Work app (available in the App Store on your iOS device and on Google Play).

I have questions about my Care@Work benefits. Who should I contact?
Contact Care@Work at 855.781.1303 or careteam@care.com.

What kind of information do I need to provide about my dependents?
To ensure your care needs are met, you'll need to provide the following information during registration:

- Name
- Age
- Gender
- Any special needs

Can I use a go-to sitter or center that's not in our vetted network?
You can use a caregiver or center of your choice and be easily reimbursed for a portion of the cost that exceeds your co-pay. Start by booking your caregiver or center on your own. Reminder: when you use a caregiver or center from your personal network, you are fully responsible for all vetting. After care is complete, make sure to get a receipt. To get reimbursed, log into your Care@Work account and go to "Reimburse me for care." If you have questions, email backupcare@care.com.

How it works:

1. **Register for Care@Work** either through parkview.care.com or the Care@Work app, even if you don't have an immediate care need. That way, your account will be ready to go when you need it.

2. **When you're ready to use your Care@Work benefits,** log in to your account to get started. You can also call 855.781.1303.

3. **Identify the type of care you need.** If you're calling in, press the number that corresponds to your care needs.

4. **Follow the prompts** to complete your search for care.

5. **Tell us how it went.** Please share your feedback by answering a brief survey sent to you after care is complete.

Activate your benefits now.

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