

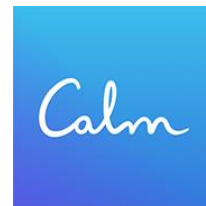


onlinehulp-apps

app description in the Flemish Appstore for well-being and mental health:
<https://www.onlinehulp-apps.be/>

version: 13.3.2023

Calm



Where is the app available?

	platform	URL
X	iOS (Apple)	https://apps.apple.com/nl/app/calm/id571800810
X	Android	https://play.google.com/store/apps/details?id=com.calm.android&hl=nl&gl=US
X	Website	https://www.calm.com/

What is the app's uniqueness *

Calm offers meditation and mindfulness exercises for sleep disorders, stress complaints, fears and anxiety, and tension.

MORE EXTENSIVE DESCRIPTION

Subtitle:

Find your peace of mind

Description*

Via Calm, by means of relaxing music, stories, breathing, meditation, and mindfulness exercises you can find physical relaxation. The app can be used among others for sleep disorders, stress and fear symptoms.

Whom is this app for? *

Adults and children over 4 with sleep disorders, stress and fear symptoms. Employers get the option to engage in a partnership with Calm to provide Calm Business to their employees.

What is the purpose of this app? *

An improvement of general mental wellbeing, sleep quality, less stress symptoms, and a reduction of fears and anxiety.

What can you do with the app? *

In Calm you will find ...

- ... meditation, breathing, stretch, and mindfulness exercises with a duration of 3, 5, 10, 15, 20, or 25 minutes;
- ... sleep stories;
- ... music that lets you relax.

How much does it cost to use this app? *

There is a free trial version which you can use for 7 days. Afterwards the app costs € 14.99 per month, or € 49.99 per year.

Who is the supplier of this app?

Calm.com, Inc.
<https://www.calm.com/blog/about>

Release: 04/04/2012

QUALITY ASSESSMENT

In the app store, we include the most important notes of attention on the quality of the app. These are distinct strengths of the app as well as possible weaker aspects. We do not include what is just okay.

On the app's TRANSPARANCY

What are the most important strengths of this app if you focus on transparency?

- The purpose of Calm is clear, reducing symptoms related to sleep, tension, fear, anxiety, and stress, and an improvement of general mental wellbeing.
- The target audience is very broad. Calm is clearly intended for adults and children who have specific symptoms (stress, burnout, sleep disorders, etc.). There are separate exercises for children.

What are important weaknesses of this app if you focus on transparency?

- The contact options are not very easy to be found. Contact information can only be found in the privacy policy

On the ACCESSIBILITY of the app

What are important strengths of this app if you focus on accessibility?

- Calm is very user-friendly. It is accessible. You have to register, but you can do this easily and in various ways (email, Google, and Facebook). It is clear what information is required and what is not.
- You can download the exercises and use them offline.

On the RELIABILITY of the app

What are important strengths of this app if you focus on reliability?

- Calm is reliable when it concerns your privacy. You can find their privacy policy via this link: <https://www.calm.com/en/privacy-policy>
- The way Calm works is based on mindfulness and relaxation

What are the most important weaknesses of this app if you focus on reliability?

- As you can register for Calm via Google and Facebook, the privacy security of Calm may be a problem

DOES THIS APP ENABLE CONTACT WITH A COUNSELLOR?

This is a Self-help tool.

IN WHAT LANGUAGES(S) THIS APP CAN BE USED?

English

Other languages: German, French, Japanese, Korean, Portuguese, Spanish

WHAT IS OR ARE THE CENTRAL THEME(S) OF THE APP?

- Mental health
- Personal development
- Physical well-being
- Daily functioning
- Depression
- Relaxation
- Insomnia
- Mood changes
- Resilience
- Stress/burn-out
- Well-being in the environment
- Well-being at work