

Headspace

Providing ways to achieve a healthier, happier mind.

You and your covered dependents can:

- ✓ Enjoy unlimited one-on-one mental health coaching
- ✓ Explore guided meditation and mindfulness exercises in six languages
- ✓ Discover sleepcasts & focus playlists for better rest
- ✓ Join stress-management & resilience-building programs
- ✓ Access therapy & psychiatry support in the U.S.* (subject to plan details)



Easy access via the Headspace App

Mental well-being from the palm of your hand – no matter where you are, when you need it, or what you're going through.



Sign up for
Headspace



* Therapy and psychiatry via the Headspace app are only available to customers when located in the United States. These support services are subject to your plan details including coinsurance, deductible and copay. Costs may vary.

In collaboration with

