

Getting started with Headspace

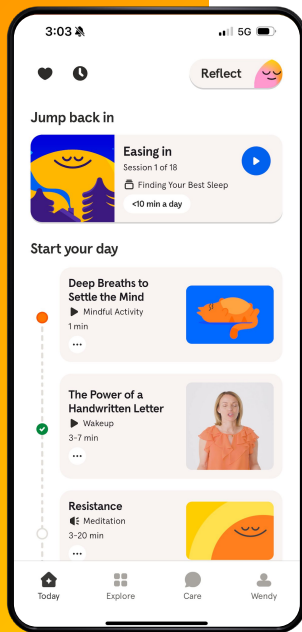
Your mental health benefit available to
you through Hendrick Health



Headspace is your go-to mental health app — a companion to guide you through all of life's moments.

Taking care of your mental health is just as important as maintaining your physical health.

Headspace, provided by Hendrick Health, gives you easy to use, science-backed tools to help you sleep better, stress less, and focus more — right from the privacy of your phone.



At no cost, you have access to:



A library of guided meditations and mindfulness exercises: Build resilience, learn new skills, and manage stress in the moment.



Unlimited one-on-one mental health coaching: Talk through your well-being goals and receive live guidance through challenging everyday moments.



Expert-led programs: Move through guided programs at your own pace focused on navigating stress, sleeping better, or managing anxiety. You can even take assessments to see your real results.



Virtual Therapy: Get matched with a clinician based on your personal preferences with appointments available in 1 day. You have 6 sessions fully covered per issue, per year




Connections to local work and life resources: Call our dedicated EAP phone line 1-855-420-0734 to get assistance with elder or child care, legal services, financial support, in-person therapy and more.



 You

I'm tired of always feeling tired. Idk how I'm going to get through today.


 Ebb

Not getting enough sleep can be rough. What do you think has been keeping you up at night?

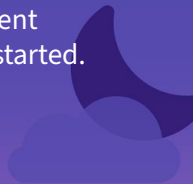
 You

So many things. Family, work, money.

Curious where to start once in the Headspace app?

Meet Ebb,
your empathetic AI companion
by  headspace

Ebb will guide you to the right care services in app and even provide you with personalized content recommendations to support you in getting started.

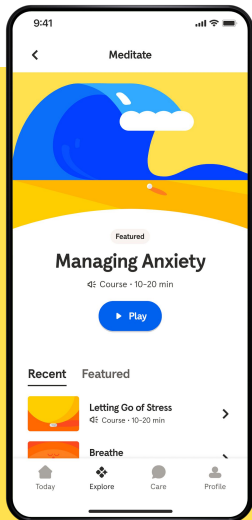


Designed by experts and delivered with care.

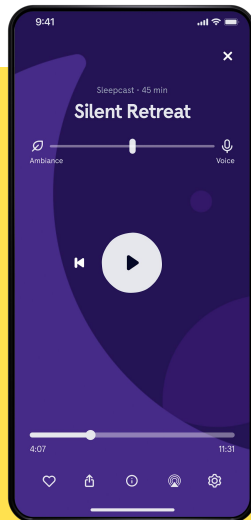
From guided meditations to one-on-one coaching and virtual therapy directly in the app, our team of clinical experts and trained coaches work together to bring you science-backed care.

Your mental health companion for all of life's moments — big or small.

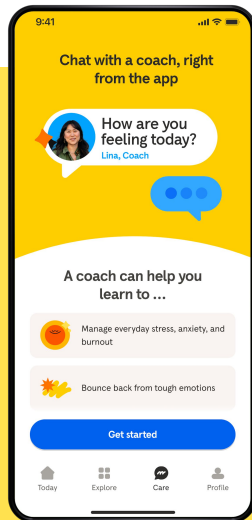
Guided Meditations



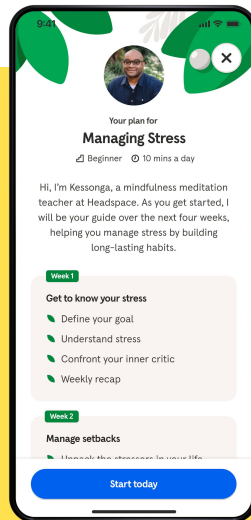
Sleep Support



Mental Health Coaching



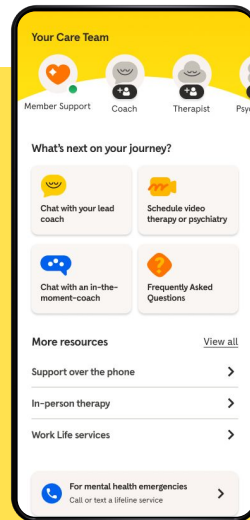
Expert-led Programs



Virtual Therapy / Psychiatry



Work & Life Resources



Getting started with your Headspace benefit is easy:

*It only takes around **two minutes** to enroll*

Step One

Visit <https://work.headspace.com/hendrick/member-enroll>, your unique enrollment page.

Step Two

Create a new Headspace account or connect your current account to your sponsored membership.

Step Three

Download the Headspace app. Scan with your phone's camera to open Headspace on the iOS or Android app store.



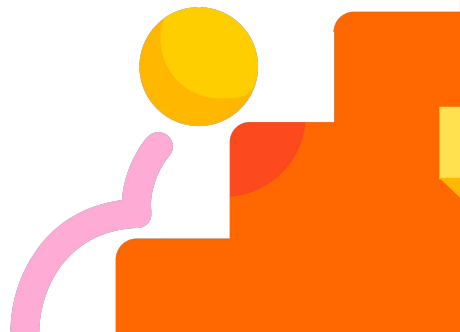
Scan for iOS



Scan for Android

Step Four

Login with your new credentials and you're all set!



Questions? We're here to help.

Visit our FAQ: help.headspace.com

Email: teamsupport@headspace.com

Activate your no-cost Headspace membership today —

<https://work.headspace.com/hendrick/member-enroll>

66%

of members see reduced depression symptoms

90_{sec}

response time to every coach message

64%

of members report lower stress after 30 days using Headspace

4.85_{/5}

average clinician rating for Headspace therapists