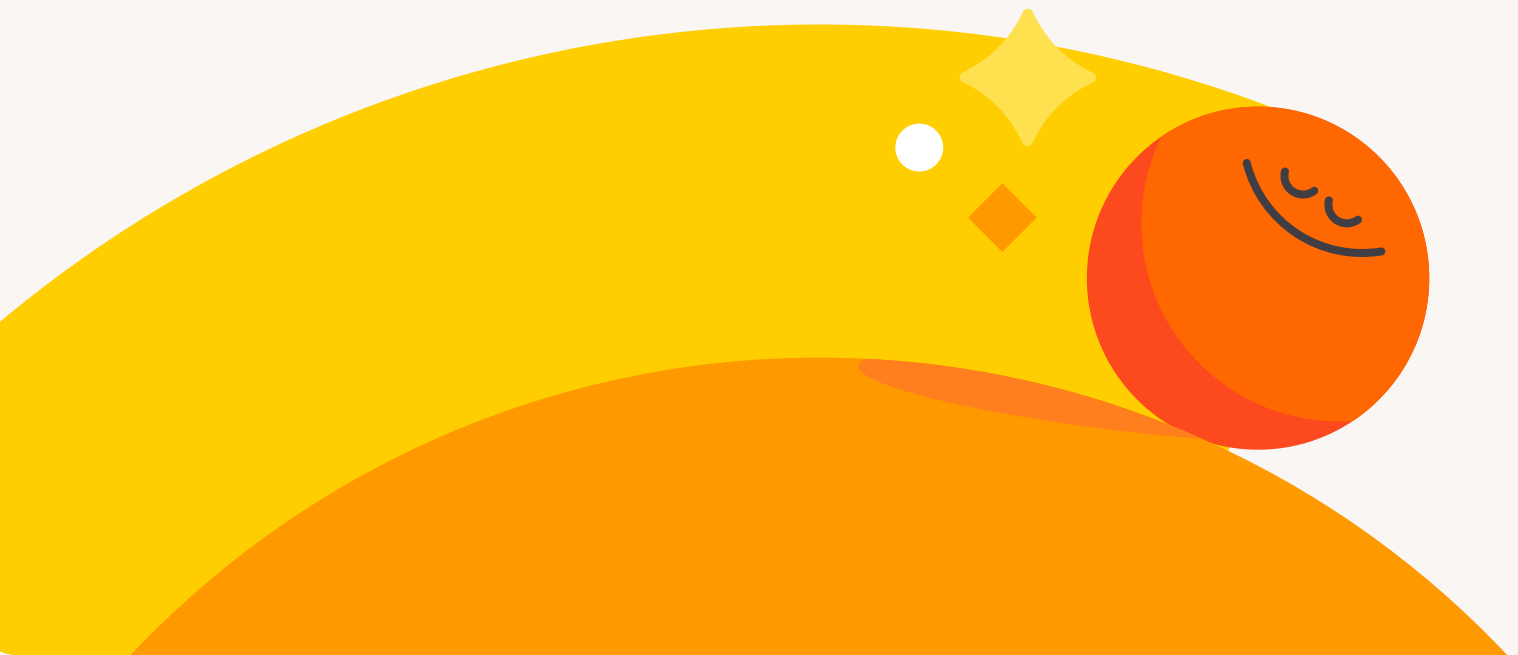




A happier, healthier you

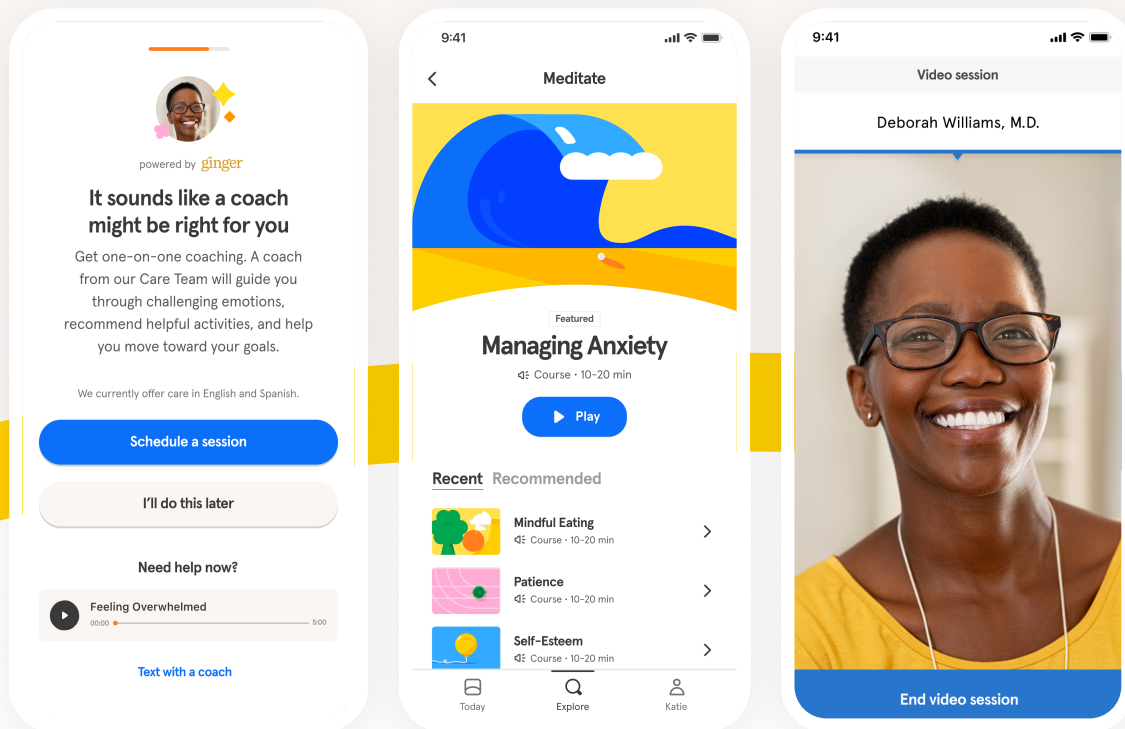
Access to immediate mental health support and meditations

Headspace is your personal guide. With hundreds of guided exercises for meditation, sleep, focus, and movement, plus one-on-one guidance from coaches and clinicians, Headspace will help you feel like your best self.



Mental healthcare for every moment

Human-to-human support + everyday meditations



Behavioral health coaching

Coaches help you with everyday challenges, on-demand or through scheduled appointments. Care is available through private text-based chatting right from your smartphone.

Mindfulness and meditation

Hundreds of guided exercises for meditation, sleep, focus, and movement, to help you start and end your days feeling like your best self.

Therapy and psychiatry

Licensed therapists and psychiatrists are available for video appointments in days, with evening and weekend hours available. They work with your coach to make sure your needs are met.

Aetna provides confidential mental healthcare to you and your dependents. Headspace offers access to one-on-one coaching support and hundreds of mindfulness exercises at no cost. Video-based therapy and psychiatry services are available, with coverage based on your health plan. Ginger is available in Spanish.

Have a question?
Visit help.headspace.com

