



Help employees manage more aspects of wellness, more easily.

As our preferred mindfulness and meditation partner, **Headspace integrated with Virgin Pulse** is now included as an embedded offering with all Univera Healthcare Fully Insured Large Group plans.

Headspace for Work

This mental health benefit helps organizations like yours improve employee happiness and workforce performance, all while cultivating a culture of mindfulness. For your team, the science-based app offers access to hundreds of meditations and exercises for stress, focus, sleep, and movement. For your business, it can offer insight into workforce health and wellbeing, encourage healthy habit-building, and help ensure a more resilient workforce.

- Accessible platform offers 20-30% adoption, on average
- Includes preventive support for stress, anxiety, depression, sleep, and more
- Connects users with diverse experts and inclusive content
- Turnkey employee engagement campaigns can help drive adoption
- Admin portal helps employers manage members and measure success



Users Reported

Cut stress

32%

less stress after 30 days of Headspace¹

Boost focus

22%

less mind-wandering after one session of Headspace²

Manage depression and anxiety

29%

decrease in depressive symptoms after eight weeks of Headspace³

19%

decrease in anxiety symptoms after eight weeks of Headspace³

¹ Headspace peer-reviewed paper in PLOS One

² Department of Psychology, University of Southern Denmark

³ Headspace peer-reviewed paper in American Psychological Association

Subject to DFS approval

Subject to final contract terms

Virgin Pulse is a separate company and offers a digital wellbeing service on behalf of Univera Healthcare.