

# Help employees manage more aspects of wellness, more easily.

**Stress takes a big toll on a person's mental, physical, and emotional health. That's why we're offering\* an innovative resource to help employees better manage stress and overall wellbeing.**

## Headspace for Work and Home

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 encourage healthy habit-building and help ensure a more resilient workforce.

- Learn to manage feelings and thoughts with everyday mindfulness
- Includes preventive support for stress, anxiety, depression, and more
- Boost focus with music and meditations
- Better sleep with sleepcasts, music, and other unique audio experiences
- Get moving with exercises to strengthen mental and physical wellbeing
- Connect with inclusive content and stories

## Users Reported

Cut stress

**32%**

less stress after 30 days of Headspace<sup>1</sup>

Boost focus

**22%**

less mind-wandering after one session of Headspace<sup>2</sup>

Manage depression and anxiety

**29%**

decrease in depressive symptoms after eight weeks of Headspace<sup>3</sup>

**19%**

decrease in anxiety symptoms after eight weeks of Headspace<sup>3</sup>

**To learn more about how Headspace can support overall wellbeing, talk to your broker or Univera Healthcare Account Manager today.**

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

\*Embedded for all Fully Insured Large Group plans with the exception of Minimum Premium arrangements. Buy-up option available for Minimum Premium and Self-Funded group plans. Headspace is a preferred partner of Personify Health, offering a meditation app to our members. Personify Health is independent of Univera Healthcare.

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