

Enrollment Guide

Joining Headspace for Personify Health Members



Ready to get some Headspace?

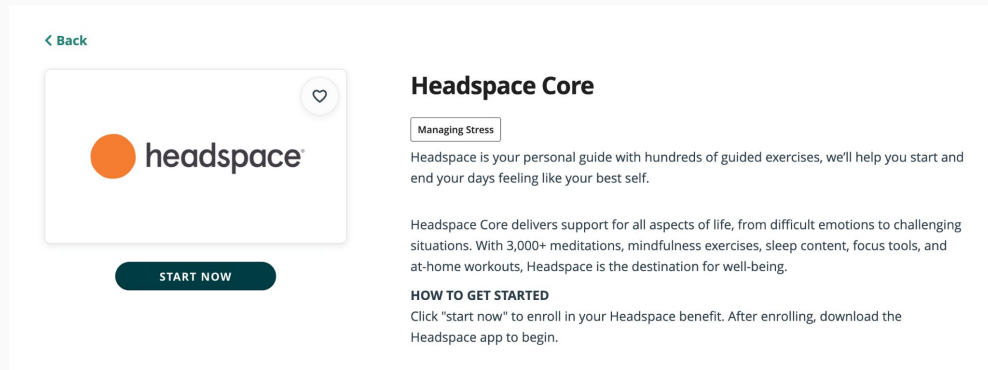
To activate your Headspace membership and Personify Health rewards*, you'll need to start on Personify Health.

Sign into Personify Health and navigate to the Benefits Page to find the Headspace enrollment page.

Click the Start now button.

* Rewards vary by contract

Member's Benefits Page



1

Log in

You will be asked “Do you have an existing account with Headspace?”

New Headspace users will answer “No, create a new account” and should follow the prompt to create an account.

Existing Headspace users will answer “Yes” and sign in with their existing Headspace account details.

1
Log in2
Verify3
Finish

Join Headspace

Get Headspace at no cost, from Personify Health for Health Plans

- ✓ 1000+ hours of mindfulness and sleep content
- ✓ Mini exercises for busy schedules
- ✓ Proven to reduce stress in just 10 days

11-digit MemberID* = [9-digit ID number on card]*00 for subscriber, or *01 for spouse/domestic partner. Contact Personify Health for support.

Do you have an existing account with Headspace?

Yes, I have an existing account

No, create a new account

1

Log in

Option 1:

Members with existing
Headspace accounts should
sign in with their existing
Headspace account
information.

If you created a Headspace
account using an Apple,
Facebook, Spotify or Google
account, use those methods
to log in.

The screenshot shows the 'Join Headspace' login page for Personify Health. At the top, there are logos for headspace and personify HEALTH. A progress indicator shows three steps: 1 Log in, 2 Verify, and 3 Finish. The main heading is 'Join Headspace'. Below it, a subheading reads 'Get Headspace to start earning points on Personify Health, if applicable'. A list of benefits includes: 1000+ hours of mindfulness and sleep content, Mini exercises for busy schedules, and Proven to reduce stress in just 10 days. On the right, a 'Log in' form is displayed. It includes a link for 'New to Headspace? Sign up for free', input fields for 'Email address*' and 'Password (8+ characters)*' with an eye icon, a 'Forgot password?' link, a checkbox for 'I agree to Headspace's Terms & Conditions and acknowledge the Privacy Policy.', a blue 'Log in' button, and social login icons for Apple, Facebook, Spotify, and Google.

personify[™]
HEALTH

English ▾

1 Log in 2 Verify 3 Finish

Join Headspace

Get Headspace to start earning points on Personify Health, if applicable

- ✓ 1000+ hours of mindfulness and sleep content
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- ✓ Proven to reduce stress in just 10 days

Log in

New to Headspace? [Sign up for free](#)





Email address*

Password (8+ characters)*

[Forgot password?](#)

☐ I agree to Headspace's [Terms & Conditions](#) and acknowledge the [Privacy Policy](#).

Log in

1

Log in

Option 2:

Members who do not have
an existing Headspace
account will be prompted to
enter their information to
sign-up for Headspace

The screenshot shows the Personify Health website interface. At the top, there is a navigation bar with the Personify Health logo on the left and a language selector set to 'English' on the right. Below the logo, a progress indicator shows three steps: '1 Log in' (active), '2 Verify', and '3 Finish'. The main content area is titled 'Join Headspace' in large, bold text. Below this title, a sub-header reads 'Get Headspace to start earning points on Personify Health, if applicable'. A list of three bullet points highlights the benefits: '1000+ hours of mindfulness and sleep content', 'Mini exercises for busy schedules', and 'Proven to reduce stress in just 10 days'. On the right side of the page, there is a 'Sign up' form. The form includes fields for 'First name*', 'Last name*', 'Email address*', and 'Password (8+ characters)*'. Below the password field, there is a checkbox for 'I agree to Headspace's Terms & Conditions and acknowledge the Privacy Policy'. At the bottom of the form is a blue button labeled 'Create an account'.

personify[™]
HEALTH

English ▾

1 Log in 2 Verify 3 Finish

Join Headspace

Get Headspace to start earning points on Personify Health, if applicable

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- ✓ Proven to reduce stress in just 10 days

Sign up

Already have an account? [Log in](#)

First name*

Last name*

Email address*

Password (8+ characters)*

☐ I agree to Headspace's [Terms & Conditions](#) and acknowledge the [Privacy Policy](#).

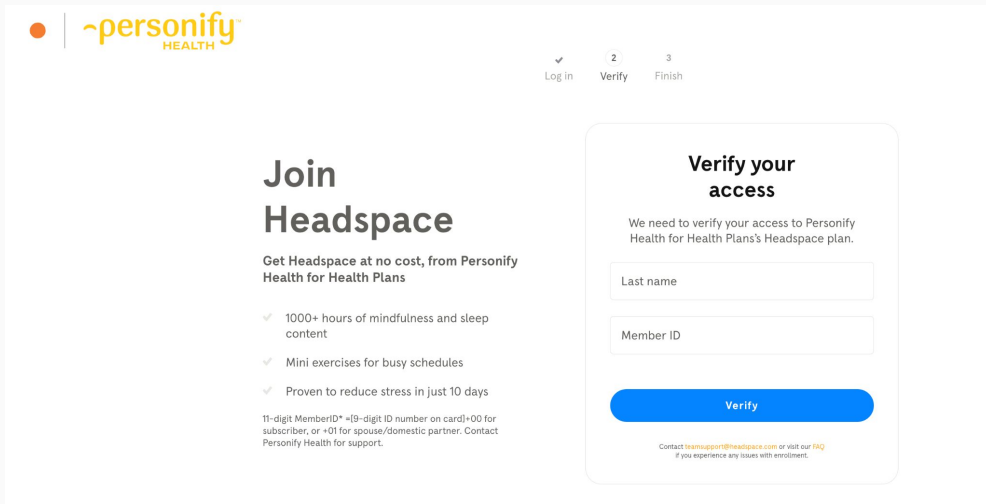
Create an account

2

Verify

Verify your account with your Last Name & 11- digit MemberID

11-digit MemberID= [9-digit ID number on card]+00 for subscriber, or +01 for spouse/domestic partner. Contact Personify Health for support.



The screenshot shows the 'Join Headspace' verification page. At the top, there are logos for headspace and personify HEALTH. A progress bar at the top right shows three steps: 1. Log in (checked), 2. Verify (active), and 3. Finish. The main heading is 'Join Headspace'. Below it, a subheading states: 'Get Headspace at no cost, from Personify Health for Health Plans'. A list of benefits is shown: '1000+ hours of mindfulness and sleep content', 'Mini exercises for busy schedules', and 'Proven to reduce stress in just 10 days'. A note explains the 11-digit MemberID format. On the right, a 'Verify your access' box contains input fields for 'Last name' and 'Member ID', followed by a blue 'Verify' button. At the bottom of this box, contact information for team support is provided.

headspace | personify HEALTH

1 Log in 2 Verify 3 Finish

Join Headspace

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11-digit MemberID* = [9-digit ID number on card]+00 for subscriber, or +01 for spouse/domestic partner. Contact Personify Health for support.

Verify your access

We need to verify your access to Personify Health for Health Plans's Headspace plan.

Last name

Member ID

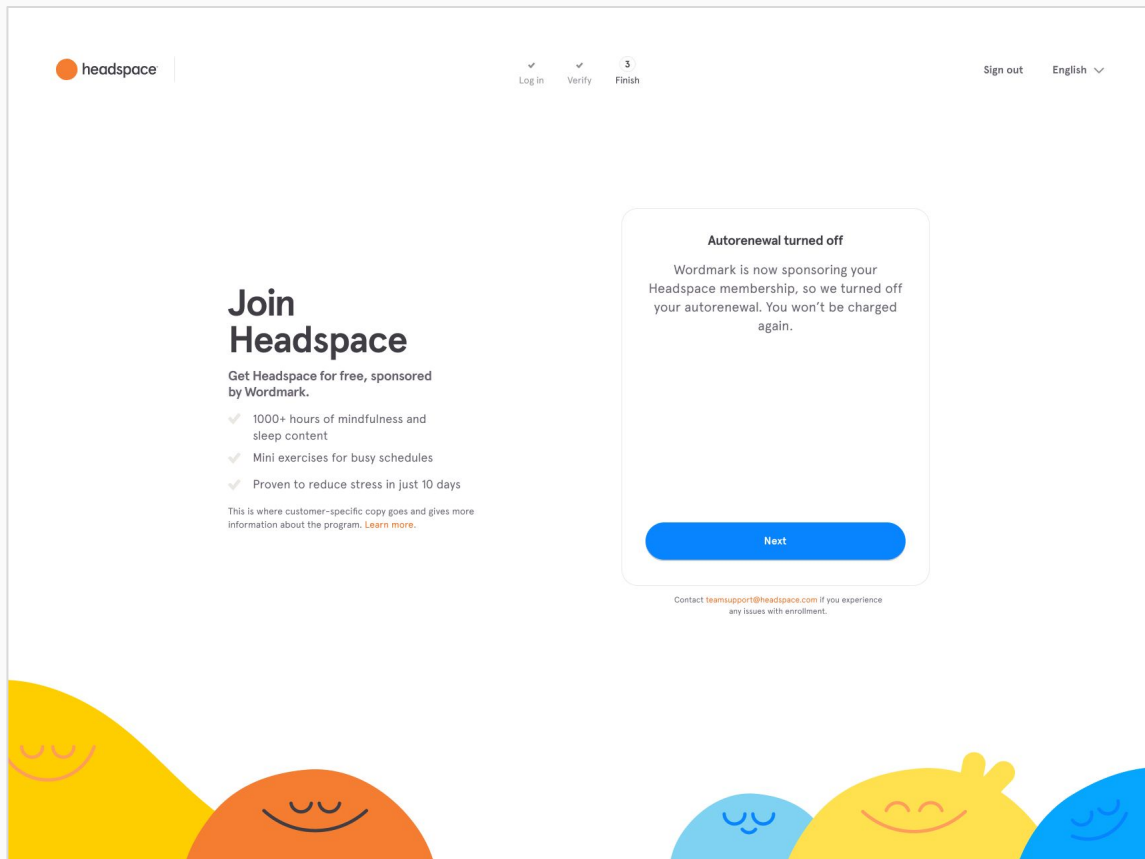
Verify

Contact teamsupport@headspace.com or visit our [FAQ](#) if you experience any issues with enrollment.

3

Finish

If you had an existing paid Headspace membership, future auto-payments through Headspace are automatically paused.

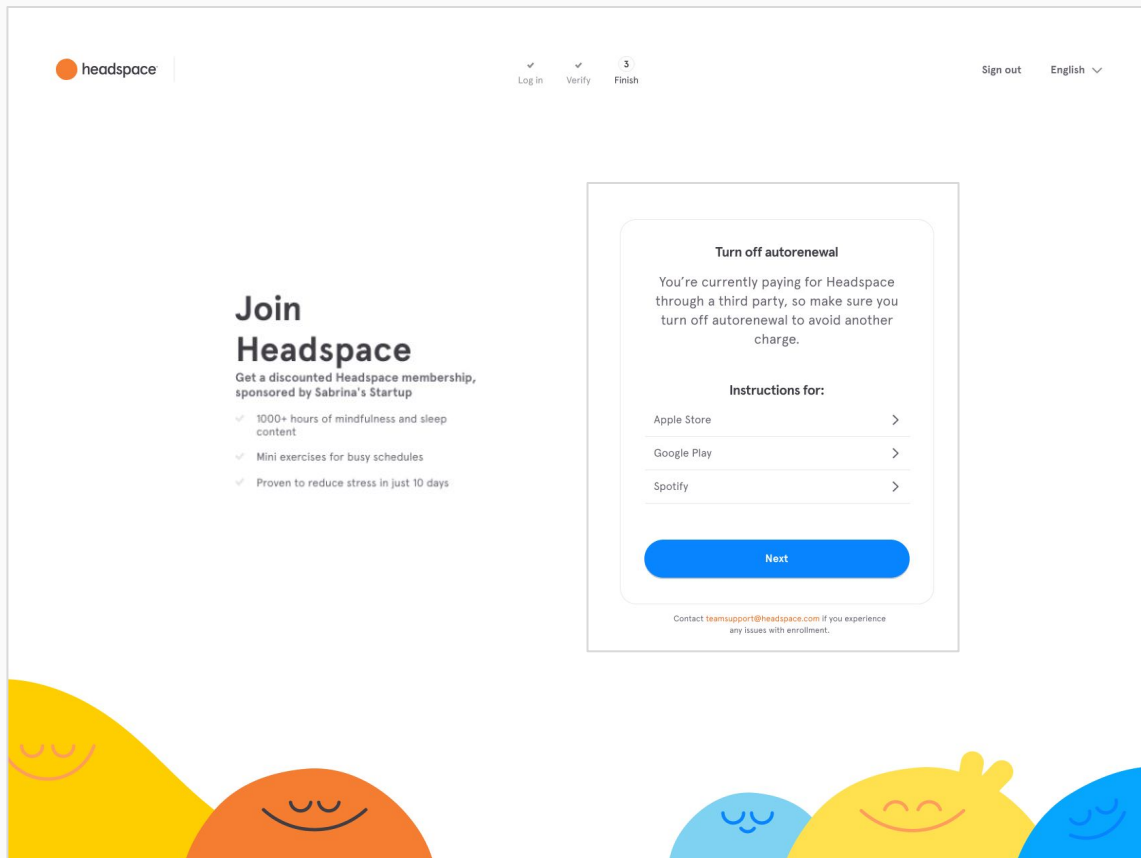


3

Finish

Future payments through a
third party need to be
manually paused.

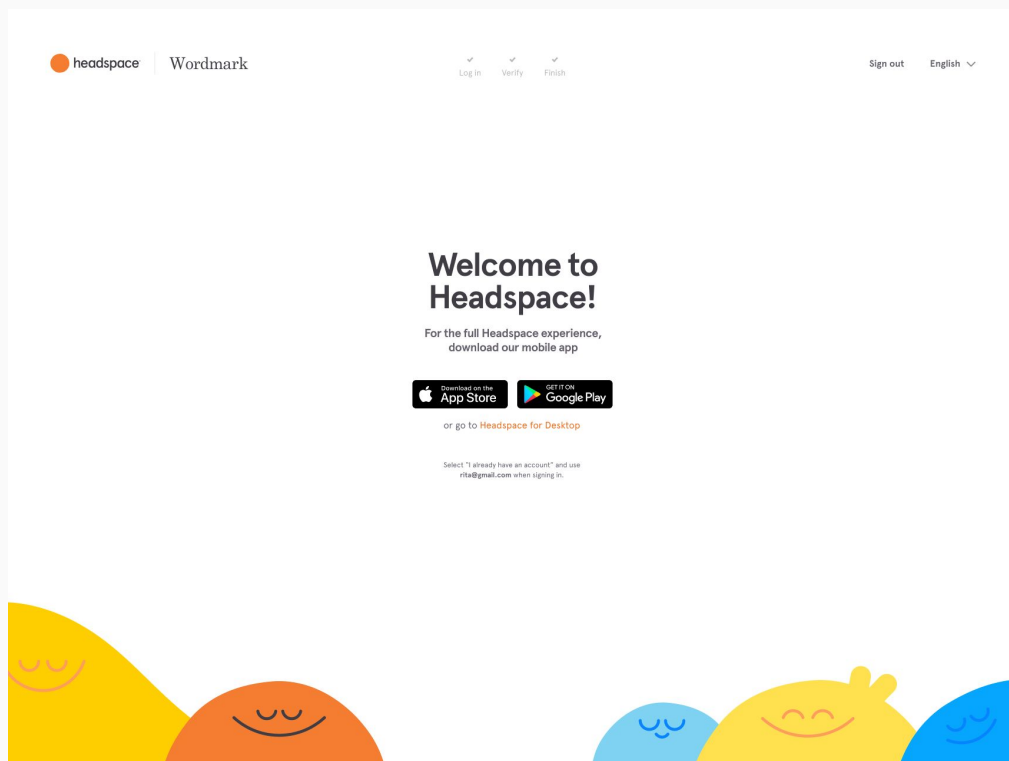
See our Help Center for
instructions.



✓
Finish

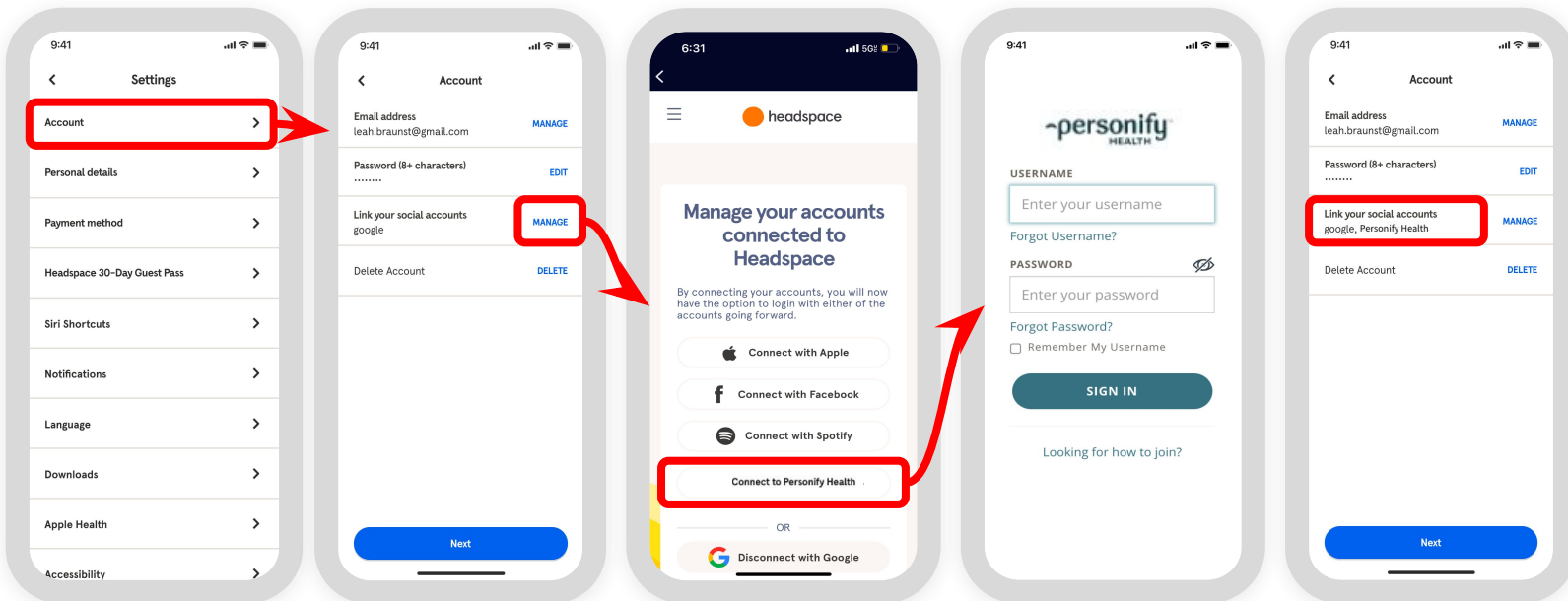
**Members will be prompted
to download the
Headspace iOS or Android
app, or continue to our
web application.**

**To get the full headspace
experience please
download the Headspace
app**



Linking your Headspace & Personify Health accounts

This is for a member who has *already* successfully enrolled in Headspace through their organization and needs to link or confirm their Personify & Headspace accounts are linked successfully.



Our Member Support team is here to help

Member Support is available 5am-7pm PT, 7 Days a Week. The team can be reached:

- via email at teamsupport@headspace.com
- [Live Member FAQ and Help Desk](#)



Thank you

